BULK RATE
US Postal Paid
Carmel Valley,
Ca. 93924
Permit No. 31

Box Holder
Star Route
Rural Route
Carmel Valley
Ca. 93924

Carmel Valley Sun

FREE

November 14, 1984 — November 27, 1984

Vera makes the most of Halloween — Page 3

Music is abundant and diverse this month — Page 11

In good hands? Yes the teens surely are — Page 14

LETTERS

The Swinging Pendulum

I think those taking the heat in The Carmel Unified School District's current controversy should be recognized for "being there" when the pendulum swing had to be reversed from at least 30 years of increasingly permissive parental attitudes towards their children, nationwide.

I can't find fault personally with those I am acquainted with who are in the front lines of this painful pendulum reversal. Because of 10 years of valued friendships, I have the highest respect and admiration for Doyle Clayton and Rich Hawkins. From business-world interaction, I like and respect Jim Yates. From working off and on with Marsha Kading-Kelly since she became Carmel High School Principal, I like and respect her. I don't know the others involved in our local controversy but feel they undoubtedly are also worthy of respect.

I am grateful that the School District is addressing the need for much more discipline, to the end that students at least get the scholastics they need. (I am unpopular with our Carmel High daughter, a Junior, for feeling that the "closed campus" is a good thing and should be just one of the first steps taken to reverse the permissive pendulum swing.)

The schools are taking up the disciplinary slack for many of us parents, and this should be recognized. In our family situation, as my wife had gotten back into the work force to help make ends meet, we've found it more difficult to do our job as parents. Ours isn't an unusual situation, here, or nationwide.

So God bless those school districts like CUSD which are taking the heat and pain involved in bringing back the discipline our children have the right to expect.

Tom Treanor

Month For Thanks

Americans set aside one day in November to give thanks for family and friends, and for the benefits received throughout the year.

Goodwill Industries observes November as Thanks-for-Giving month: a time to express our gratitude to those who have supported our work.

On behalf of the handicapped people it is our privilege to serve, we say Thanks for Giving those usable but no-longer-used belongings whose sale has financed our rehabilitation services throughout the year. And Thanks for Giving, too, the cash gifts toward Goodwill's scholarship fund and other special activities.

To all, Thanks for Giving handicapped people their chance to become self-supporting.

J. Mark Eason, President

A Reaffirmation

As the recently elected president of the Friends of Carmel unified Schools (FOCUS), I would like to extend our deep appreciation to the large group of supporters who helped us celebrate our fifth birthday recently at the Forest Theatre in Carmel. Many of you have expressed a strong desire to continue celebrating our birthdays, so we will begin plans soon for our sixth birthday next October.

I believe it appropriate to reaffirm why FOCUS was formed and briefly outline our organization's structure and objectives. FOCUS is *an independent, non-profit, tax-exempt, non-political* foundation which was formed in 1979 to obtain funds to help maintain the high quality of the educational programs in all Carmel public schools. Our board meets monthly and consists of members representing various segments of the community.

The single purpose of FOCUS is to raise money for use in the Carmel public schools. Teachers' requests are forwarded through their building principals and the superintendent. Our Grants Committee recommends to the FOCUS board which requests should be funded after researching each request. In the past five years FOCUS monies have purchased such items as maps, supplemental textbooks, art supplies, shop equipment, and generous support for computer education and music programs. We have also helped fund athletic programs and needed science equipment.

The Carmel School District is going through difficult, transitional times right now. Now more than ever, the students in our classrooms need our help and support. The FOCUS Board takes only one strong position in the Carmel community—that is one of total support for our students in each classroom in our school district. To that end, we will re-double our efforts on their behalf.

On behalf fo the FOCUS Board I would like to thank our supporters and donors—not only those who have contributed money, but also those who have contributed their time and talents to "our cause." We appreciate everyone's concern and assure them that their donations will be spent for the programs for which they have been designated.

Ken White, President
Friends of Carmel Unified Schools

Unmitigated Impact

I continue to see misinformation printed in the local press about the "radiation hazard" posed by the COMSAT Jamesburg Satellite Station. If you were to measure, on any street corner in Salinas or Monterey, the radiation from radio and electrical sources such as television, it would surely be much higher than any recorded in Cachagua and at a lower and much more 'dangerous' frequency. Dangerous? Hardly, the highest level measured by Stanford research was only one FIVE-THOUSANDTH of even the new proposed stricter standards. Cachagua was chosen for the station location because of the very low levels of electromagnetic radiation present in the area (a radio *valley).*

While the Monterey Peninsula Chamber of Commerce attempts to dispel notions that the Peninsula community is not anti-business a small handful of self-interested individuals persist in frivolous charges aimed at delaying the COMSAT expansion. COMSAT is exactly the type of industry the chamber is trying to attract. The supervisors should not reinforce this negative technology climate by refusing to give this expansion the prompt, prudent consideration it deserves.

We live in an inter-related and interdependent technological world. As world citizens we all derive benefits from modern global telecommunications. The price "concerned citizens" pay in this venture is visual impact, the only significant impact which cannot be mitigated according to the EIR now being reviewed.

James Enloe
Salinas

Editor's Note: According to the draft environmental impact report on the COMSAT expansion, the units containing the PCB's will be removed in the near future. That was confirmed by Mr. A.J. Stotler, Director of the Jamesburt Earth Station, in a previous interview.

Perfect Illustration

Monterey County is striving to create economic development in the County.

This is something that seems to be very much on peoples' minds. We read and hear about wanting to attract clean industry to the County as a means of providing jobs and as a means of providing a positive tax base. The COMSAT Jamesburg Earth Station is the perfect illustration of that type of industry. It demands very little public services, pays a tremendous amount of taxes, and is a clean, non-polluting industry. It doesn't create traffic problems and it doesn't pollute ground water.

If the County discourages COMSAT, that is most likely going to discourage other clean, non-polluting industries from knocking on the door of Monterey County.

As the owner of a small non-polluting enterprise in Monterey County, I enthusiastically support the proposed expansion of the COMSAT facility.

Jerry Kurz

Agree On Dislikes

In reply to Evelyn Rhoades letter asking "Didn't Jack Swanson sell COMSAT the property?" and then further, sarcastically saying, did I need the money—NO, madam, I did not sell COMSAT the property.

And naturally, people like Miss Rhoades who don't live next to COMSAT, aren't bothered visually or wouldn't be concerned about microwaves or deterioration of land values.

The Manager of Comsat does not like unsigned letters. Neither do I, and think they should not be allowed in the letters column. The letter (unsigned) that mentioned "gifts" I recieved from COMSAT 17 years ago—grazing—water—landscaping—should be answered.

The grazing adjoins my property. COMSAT's biggest fear is fire hazard and the resulting smoke in their electronic eqiuipment. My grazing off the land is of equal benefit. There was NO landscaping "gift". Use of excess water from their well was extended to me as a token payment for my land devaluation arrived at by a land appraiser hired by COMSAT.

Any one applying for the job of Cachagua Advisory Committee should run, not walk to the Planning Commission as there is an opening available—mine. Trouble is, people who can't sign their name won't be eligible.

Jack (Concerned Citizen) Swanson

Questioning Impact

The Coupes' letter asked why there is bad publicity about COMSAT. Many questions are being asked about impacts the proposed expansion would bring. The questions concern such things as devaluation of neighboring properties, traffic hazards, a tremendous visual impact created by additional giant antennas, massive building addition, increased night lighting and more noise from generators...all in a serene, natural setting...an area zoned agricultural-residential.

More importantly in the minds of many is the potential health danger to those living in the Cachagua and the entire Peninsula. I have reviewed the Draft Environmental Impact Report on this project which states that known carcinogens (PCB's) are stored at this facility in the watershed supplying water to the entire Monterey Peninsula. In addition, it is known that microwave radiation such as that transmitted by COMSAT has adverse affects on humans. Not enough is known about microwaves to assert that there is no danger to those living nearby. By increasing the number of antennas, this hazardous radiation will increase radically from its present level.

We who live in Monterey County are proud of its beauty and enjoy a healthy environment in which to live and raise our children. How can this type of concern be viewed as "bad publicity?"

COMSAT who has two more facilities on the West Coast, is a private company in competition with other communications companies and its representatives have said it is for economic reasons they want to expand this facility. Who pays for COMSAT's financial savings?

Dana Smith
Carmel-by-the-Sea

Letters to the Editor are welcome from our readers. They must not be more than 250 words, and if possible, typed and double spaced. We reserve the right to edit, discard or return to the sender any letter which does not meet the standards of length or good taste. All letters must be signed legibly and include address and telephone number.

COMSAT Hearing Will Be Held Today

The issue of the "dish" will appear before the public again at today's meeting of the Monterey County Planning Commission. The hearing for the proposed expansion of the Jamesburg Earth Station is set for 9:15 a.m. in the Supervisors' Chambers in Salinas.

The Planning Commission will be considering certification of the prepared environmental impact report and are also scheduled to consider the application for expansion COMSAT proposes for their Jamesburg Earth Station for which the EIR was prepared.

The expansion includes the addition of approximately 25,000 square feet of building, one 105 ft. in diameter antenna, one 62 ft. in diameter antenna and three 45 ft. high Torus antennas.

The proposed expansion has raised the concern of residents within the Earth Station area. Their concerns include the visual impact of the additional antennas, microwave radiation, and traffic during construction.

Who's Behind That Mask?

It's nonagenarian Vera Stokes. And as those who have visited her home on All Hallow's Eve have said, "she really knows what Halloween's all about.

On this auspicious evening of ghosts, gremlins and ghoulies, Vera joins the fun in the full spirit of the holiday. Trick-or-treaters know they are welcome to her home and are guided to her door by a big, lit, plaster pumpkin.

When the doorbell rings the door slowly creeps open and Vera lets out a convincing witches cackle (mechanically provided of course). This is then followed by a rubber witches hand.

Those not deterred by her awsome greeting are treated to goodies especially gathered and individually bagged by Vera. This year, said Vera, she had 42 visitors.

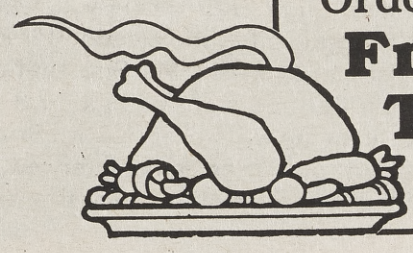
Vera has enacted her Halloween Witch charade ever since she moved to the valley and has slowly added to the decorations that add to the atmosphere. Some years her witch's get-up has been scarier than others, but she toned it down so as not to scare her annual visitors too much.

Vera's mechanical cackle, bagged goodies, and all out enthusiasm are now a valley tradition and we look forward to her participation again next year.

FRI & SAT SPECIALS

These great specials are in effect Friday & Saturday, November 16 and 17, and Friday & Saturday, November 23 and 24 only. Watch each issue of the Sun for new Specials.

JOHN'S MEATS
INSIDE VILLAGE MARKET



Order Your **Fresh Turkey NOW!**

Center Cut **PORK CHOPS** **$2.39** lb. reg. $2.98

Murphy Lumber
In the Carmel Valley Village 10 West Carmel Valley Road
Hours—Monday thru Friday 7:30—5:00
Saturday 8:00—4:30 • Sunday 10:00—3:00
659-2291

FAMOUS SPRED® QUALITY. VALUE PRICED! $5.99

Reg. $10.99 **SAVE $5.00**
- washable, colorfast, flat finish
- easy water clean-up
- high hiding

Glidden's Quality Lo-Lustre Finish
- for any wall or woodwork
- scrubbable lo-lustre finish
- easy water clean-up
- high hiding

Reg. $14.99 **SAVE $5.00** $9.99 GALLON

Friday & Saturday are
FISH DAYS!
Our bargain fresh fish at even better prices!
(variety depends on what's caught)
CARMEL VALLEY NATURAL FOODS
CHECK US OUT
Village Center 659-2811

Shop Locally & Save

CONTENTS

Letters.....page 2
Halloween.....page 6
Award.....page 8
Winners.....page 8
Crossword.....page 9
Entertainment.....page 10
Music.....page 11
Theater.....page 12
Cartoon.....page 13
Principal.....page 14
Art.....page 16
Events.....page 17
Animals.....page 19
Business.....page 20
Youth.....page 23
Factors.....page 23
Smoke.....page 24
Thoughts.....page 24
Health.....page 25
Voices.....page 28
Pros.....page 28

Staff

Debra Saxton.....Editor
Liz Turner.....Advertising Director
De Cabral.....Office Manager
Debi Effron.....Photographer
Diane Newton.....Proofreading, Paste-up
Writer at large

Contributors

Ron Bean.....*Consultant*
Grace Darcy.....*Chamber Connection*
and writer at large
Jeff Frye.....Where There's Smoke
Sydney Reade
Blair Holland.....C.V. Natural Food News
Wendy Jones
Mary Berta.....Bookworm
Illia Thompson.....Thoughts
Larry Warken.....Grindstone Notes
Karen Hughes.....State of Mind
Judy Sulsona.....News From the Library
Dan Peterson.....A La Carte
Fran Hughes.....Property Values
Donna Hamilton.....Writer at large
Stephan P. Zimmermann..... Notes
Dr. Alyce Wolford.....Pet Protection
Jamie del Valle.....Gun Thoughts
Dr. Kim Hartford.....Eye-deas
Sally Hudson.....Equestrian News
Robin Maurice.....Animal Tracks
Lisa Hoefler
Cathi Stalder
Betty Hansen.....N E Walker
Rodger Weeks.....Out in the Valley
Jerry Foote.....CVPOA Notes
Linda Lundy.....Keeping in Touch
Steve Austin.....Kiwanis News
Frank Catalano.....Lions Club News
Erma Behrent.....Women's Club
Dan Derr.....Photography & Design
Locksin Thompson.....Pool & Spa Repair

Carmel Valley Sun

The Carmel Valley Sun office is located at 1 West Carmel Valley Road, P.O. Box 744, Carmel Valley, CA 93924, telephone (408) 659-2950. Published bi-weekly on Wednesdays. Circulation is 6000. Subscription rate: 12 issues, $13. Entire contents of this issue Copyright © 1984 Carmel Valley Sun. All rights reserved.

The Cover

At the Cachagua Turkey Shoot we saw a lot of familiar faces.

Two Carmel Valley Women Organize A Resource Center

A meeting will be held on November 26 at 7:30 p.m. at the Community Chapel on Village Drive. The purpose is to introduce those interested to the evolving Carmel Valley Women's Resource Center.

The new organization, which is being guided by Veronica Lindsay and Kathy Sparr who will serve as co-directors, will offer quality social services to the women of Carmel Valley. Ms Lindsay said that to receive such service now, women must go to other communities.

Among their social services Ms. Sparr and Ms. Lindsay plan to offer help for physical, mental and emotional health as well as education and peer support. They will combine their services with other agencies throughout the county such as Planned Parenthood. Ms. Lindsay said the existing agencies are agreeable to expanding their services to the valley through the newly formed Resource Center.

Their main purpose, the women explained, is to promote wellness in the community by addressing the needs and issues of women of all ages. This type of service, they said, is currently non-existent in the valley.

"Women currently must drive to other communities for social services," said Ms. Lindsay. She explained that the services are not available here for lack of training, knowledge and volunteers. That is what Ms. Lindsay and Ms. Sparr hope to change.

Ms. Lindsay holds a Bachelors Degree in Psychology. She has previously worked with the North Monterey County Project and also did an internship at the Sunstreet Center. She is also on the Board of the YWCA and has lived in the valley for over 16 years.

Ms. Sparr has been in the health care delivery system for over 25 years. She recently worked as a nurse for Dr. Charles Kalstead and has previously worked in emergency rooms, chemical dependency counseling and psychiatric nursing.

Their interest in raising the level of consciousness of women prompted them on this new venture. "It's time for women to become aware of the issues affecting their lives," said Ms. Lindsay, who has been researching social services in the area for the past three months. The women plan to work with specific issues affecting women through workshops and then will follow through with peer support.

"We're not a special interest group. We're not lobbiers for ERA. We just want to provide a broad resource center for women to explore themselves," said Ms. Sparr. She said participants will draw on their own personal experiences as well as those of the volunteers within the group.

The organization is currently in the process of filing for their non-profit status. They have already selected a site for the Center and hope to be able to open their doors on January 1, 1985.

Support for the Resource Center will come from memberships, grants, and donations. Plans for their first fund raiser are already underway.

To get their project underway, Ms. Sparr and Ms. Lindsay are currently working with an advisory committee. They are hoping to organize a 15 member board of directors made up of members of the community.

Those interested in more information on the organization can contact Ms. Sparr or Ms. Lindsay.

Strasser Kauffman Wins Over Brunn

Karin Strasser Kauffman holds up the victory sign after recently defeating her opponent in the election for Fifth District Supervisor. Ms. Strasser Kauffman finished with 30,253 (57.8 percent) of the votes over Howard Brunn's 9,674 votes. In an earlier interview, Ms. Strasser Kauffman said the most frustrating thing about her campaign was that she had to continue talking and couldn't act. Now she can put her campaign promises into action. Now that the election is over she will be taking a brief rest and later will attend a workshop in San Diego for newly elected Supervisors.

Long Time Postal Clerks Retire

Robin Soule (left) and Robert Tod, two familiar faces at the post office have retired. A small celebration was held on their last day.

New faces will be appearing at our local post office since the retirement of two staff members on October 31. The retiring clerks were Robin Soule and Robert Tod.

Soule left his seven year position at the Village Post Office to join the Air Force. He served the residents of Route One which covered the Robles area. Tod retired after almost 26 years of service. His Route 3 covered the El Caminito and Country Club area.

According to U.S. Postmaster Terry Williams, the two will be greatly missed. "I really enjoyed working with them and they were both good employees," he said. As yet replacements have not been named.

Carmel Valley And Clean Air

by Earl Moser

Smog approaches in a very subtle and gradual manner. People think their air is clean until, all of a sudden, oxidant readings have passed the danger mark.

In the 1940s when Lois and I moved to the Los Angeles area Mt. Baldy was a beautiful sight. You could see the 10,000 foot peak sharply. Gradually, almost imperceptibely, it disappeared. Several years passed before Prof. Hagenschmidt of Cal Tech discovered what caused smog. The hydrocarbons and oxides of nitrogen, emitted by automobiles and factories, when acted upon by sunlight, produced ozone and other harmful chemicals.

An air pollution district was formed; efforts were made to eliminate pollution. It was too late. Yes, analytical converters were installed on cars, but the tremendous increase in the number of cars more than offset these efforts. Today, damaging smog has spread as far as San Bernardino, Riverside, Palm Springs and Santa Barbara. First, second and even third alerts are frequent.

The Los Angeles experience is why I have followed the smog readings (oxidant index) ever since our Monterey Bay Unified Air Pollution Control District was formed in 1966. Carmel Valley has had an air monitoring station for several years, but only since the air-conditioned facility was brought to Carmel Valley Village have the readings been completely reliable. I receive a monthly report of these readings, and when they approach the danger level, I begin to shudder.

We all know that Carmel Valley is a tiny air pocket. Whenever the temperature inversion layer gets down to 1000 or 1200 feet, pollutants slosh up and down the Valley until the level rises higher. Oxidant readings measure the amount of smog. The State Air Pollution Control Board tells us the danger point is 10 parts per million (ppm) of ozone. At that point sensitive people begin to experience eye smarting and sensitive plants are damaged.

September readings (Carmel Valley) were as follows: -

	1984	1983
Full hours when readings were .06 or higher	40	26
Full hours when at .07ppm or higher	26	17
Full hours when at .08ppm or higher	15	16
Full hours when at .09ppm or higher	2	3
Full hours when at .10ppm or higher	0	2

Both 1983 and 1984 are disturbing, but the 40 hours in September 1984 at .06 ppm, I hope, does not pressage a trend. We shall look with great interest for the October and November figures.

What can we do if we find the trend is constantly up? These are three things that would help:

1. Make certain that the number of new residential units allowed in the Carmel Valley Master Plan is not exceeded.

2.Correct the traffic bottle-neck at the mouth of the Valley. (Idling cars emit pollution—more so than when travelling at normal speeds.)

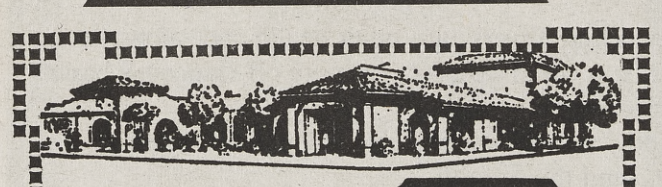
3. Adopt mandatory inspection of catalytic converters.

Residents Turn Out To Donate Blood

"Thank you," said Harriet Busick, co-chair of the semi-annual Red Cross Bloodmobile, "on behalf of the Red Cross, and Community Hospital." Ms. Busick directed her thanks to all donors and especially to the volunteers who assisted in their various tasks. Among those who have helped throughout the years are members of the phone committee which currently include Ida Sims, Kathleen Wood, Eva Frieberg, Idene Stix, Frances Anthony, Eva Friedenthal, Marjorie McKiernon, Fran Raymond, Barbara Reese, May Kitagawa, Kathy Chaney, Sherri Tate, Barbara Porter, Ruth Bishop, June Woods, Kim Heald, and Florence Naslund. These are only a few of those who regularly help with the blood drive. Also to be thanked are the staff at Bank of America who provided the baked goods offered the donors.

Sixty-four residents turned out to donate blood on November 8. FIRST TIME donors included: Pamela Frye, Deborah Lind, Karen Ricigliano, Robert Melton, Robert Neese, Darren Thigpen, and Marli Melton. Reaching the ONE GALLON goal was: Molley Walker. Reaching the THREE GALLON goal was: Mel Blevens and Richard Dalsemer. Among the REPEATING DONORS were: Lee Warner, Alex Olmstead, Lynden Miller, Bruce Hayes, Kalani Fonseca, Robert Heald, Marcia Smith, Nancy Watts, Betty Dalsemer, Robert Kohn, Marjorie Foote, Dusty Eaton, Madeline Garrett, Kira E. Garrett, Matt Allaire, Lou Allaire, Don Weber Jr., Diane McKenzie, Robert Woods, Walter Mauzey, Susan Thamer, Dolores McGlochlin, Will Kramer, Willard Gill, Jean Loyer, Peter Coakley, Herb Shoemaker, Judith Caswell, Sharon Miller, Bob Wilson, John Radon, Warren Belfer, Joanne Wellborn, Kathy Little, David Chaney, Rick Hindman, Toni Moulaison, Greg Souza, Jean Miller, Jeffery Thompson, Donald Cummings, Cambrel Marshall, Larry Busick, Ken Silva, June Woods, Sal Verde, Clinton Evans Jr., John W. Long, Roger Gardner, Julie M. Harvey, Chris T. Sherman, Virginia Prentice, Bob Lewis and Michelle Peerson.

$5 11 x 14 Color Family Portrait $5
Saturday, November 24
Tularcitos Parent Co-op Nursery School
Bring your family
and relatives for a
professional portrait sitting
Call for more information 659-3689
$5 Ready By Christmas $5



Star Refinishing Company
659-3019
Antiques • Furniture • Cabinets
Complete Restoration
1-B Del Fino Place Carmel Valley Village

INTRODUCING ANOTHER TOUGH ACT TO FOLLOW.
The Volvo 740 GLE is now in our showroom. But if its introduction is as successful as the Volvo 760 GLE, it won't be here for long. So come in for a test drive today. THE VOLVO 740 GLE
THE NEW SCANDIA VOLVO
SALES • LEASING • SERVICE
1661 DEL MONTE BLVD., 899-2441, SALINAS 424-9977
© 1984 VOLVO OF AMERICA CORPORATION.

HALLOWEEN FUN

Joined by parents, faculty and friends, students from the Tularcitos School marched through the streets of the Village during the annual Halloween Parade. After the parade the children went to the Community Center for an afternoon of fun and games (see next page).

LAFCO Set Hearing Date For Proposed Park And Recreation District

A hearing before the Local Agency Formation Commission has been set to consider the feasibility of the formation of a park and recreation district for residents within the Carmel Valley Fire Prevention District. The hearing is November 27 at 7:30 p.m. in the Supervisors' Chambers in Salinas.

Based on the information provided by those requesting formation of the district, the Commission will be considering whether or not the proposal is feasible for the area. If the Commission approves of the district formation the issue will then go to the voters for final approval.

The park and recreation district proposal was initiated by members of the Carmel Valley Community Youth Center Board after a town meeting where residents indicated a willingness to financially support the Center and its programs. After further studies and a survey of residents throughout the valley the group asked the Board of Supervisors to initiate the feasibility studies.

According to Community Center president, Dan Gladney, the purpose of the district is to provide consistent funds for the Center and its programs which includes operations, programs and capital improvements. "Most of the respons to the proposal has been very favorable," said Gladney. "In fact, many indicated a willingness to pay more than we are asking."

To provide the funds for the district property owners will be levied a benefit assessment of $24 per year per single family residence. Vacant lots, and commercial buildings will pay a lower rate. "That's two dollars a month," said Gladney. "Most people loose that in change every month."

According to Gladney it will not change the operations of the Community Center, only provide the group with consistent funds.

If approved by the voters the district will be governed by a five members elected to the board from within the district. Only those living withing the current Carmel Valley Fire Prevention District will be voting on the proposal.

The boundaries for the district were set by the results of a survey taken late last year by the Community Center Board. Most of the returned surveys came from within the Fire Prevention District and also showed the most favorable response said Galdney.

The hearing is open to the public.

Don't smoke? You earn healthy discounts with us.

You may have seen this message in *Reader's Digest.*

One of the fine companies we represent has a time-proven commitment to health and safety conscious customers.

The Hanover Insurance Companies knows Non Smokers are not only healthier, but also have fewer losses. They're entitled to a break on their insurance. Since 1973, Hanover has backed that fact with lower prices. Today, over 160,000 Non Smoker families enjoy substantial discounts on Hanover home and auto policies.

Responsible homeowners and drivers earn other health and safety discounts, too. For example, you could save 50% or more off Hanover's basic homeowners premium.

These healthy savings are available through our agency.
Call us. Or send the coupon.
We offer a sensible combination of savings and service.

How to earn healthy savings on your Home and Auto Insurance.

YES, I'd like to find out how much I can save with Hanover health and safety discounts on home and auto insurance.

Name_____

Street Address_____

City/Town_____ State____ Zip_____

FREE! No obligation.
You'll receive this informative booklet,
How To Earn Healthy Savings On Your Home and Auto Insurance.

CALIFORNIA PIA NEVADA

YOUR Independent Insurance AGENT SERVES YOU FIRST

Matt Allaire Lou Allaire
P.O. Box 263 • Carmel Valley, California 93924
#6 Delfino Place • (408) 659-2258

Since 1947

Allaire Insurance

Photos by Debi Effron.

All manner of creatures turned out for the annual Halloween Party held at the Community Center on October 31. It was a huge success due to the efforts of volunteers and members of the Community Center Board.

Hot Tubbing Discount For Locals!!!

2 for The Price of 1
(with this ad)

Regularly:
$10.00 per hour per person
or $7.00 per ½ hour per person
Children's rates too
Includes coffee, tea and towels

Offer Good Sunday thru Thursday
Until December 1, 1984
Special not applicable for massage

Blackthorne Spas

4 Pilot Road, Carmel Valley
Reservations Call 659-3241

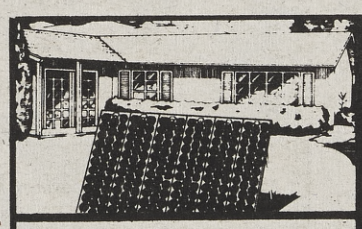
Nelson's International Seafoods Restaurant

Celebrate Thanksgiving With Us
From 2-9 p.m.—Ham and Turkey Specials
53 West Carmel Valley Road
(Formerly Stefano's)

...poultry and seafood with many items flown in daily. Vegetarian dishes also available

Specializing in Cioppino, French Style Bouillabaisse, Abalone and Lobster Tails

Dinner 5-9, Fri. & Sat. 5-10
Reservations Recommended
659-3678
14 Delfino Rd., Carmel Valley Village



SOLEX sells simple, affordable systems that turn sunlight into electricity—call us about our 12 volt and 120 volt systems

SOLEX
Solar Electricity Systems
Post Office Box 411
Carmel Valley, CA 93924
(408) **373-0746 Ext. 791**

"PUT A LITTLE ADVENTURE IN YOUR LIFE"

DRIVE THE MID-VALLEY ROAD CONSTRUCTION DERBY

VALLEY HARDWARE COMPANY SELECTED AS FIRST PIT-STOP

10% OFF ALL MERCHANDISE PLUS AN OFFICIAL "I DID IT" BUTTON ARE BEING OFFERED BY THE VALLEY HARDWARE CO. TO ALL WHO SUCCESSFULLY PARK THEIR CAR, TRUCK OR BUS IN FRONT OF THE STORE BETWEEN NOVEMBER 15 AND NOVEMBER 25.

ACCORDING TO SPOKESMEN SKIP TOOLE AND DICK KRUEGER, THE SMART DRIVERS TURN ON DORRIS DRIVE, AVOIDING THE BARRICADES AND HAYBALES SURROUNDING BERWICK DRIVE.

RACE MARSHALL DAVE KRUEGER ADVISES "PUT YOUR SHOULDER TO THE WHEEL, KEEP YOUR EYE ON THE LATEST CENTERLINE AND SIMPLY DRIVE STRAIGHT TO VALLEY HARDWARE."

NOT ONLY WILL ALL PARTICIPANTS BE REWARDED WITH 10% OFF ALL MERCHANDISE AND AN "I DID IT" BUTTON, THEY WILL ACQUIRE A SENSE OF DRIVING ACHIEVEMENT SECOND ONLY TO THE GREAT CARMEL VALLEY ROAD LANDSLIDE OF 1983.

THE VALLEY HARDWARE COMPANY

MID-VALLEY SHOPPING CENTER
Carmel, CA 93923
Tel. (408) 625-1200

CUT HERE

TO ALL WINNERS...
PRESENT THIS COUPON IN THE WINNER'S CIRCLE AT VALLEY HARDWARE FOR YOUR 10% OFF ALL PURCHASES PLUS YOUR OFFICIAL "I DID IT" BUTTON.
NOV. 15 THRU NOV. 25

Deputy Receives National Child Safety Award

A National Child Safety Award was presented to Deputy Sheriff Dave Allard for his efforts in child safety and drug abuse programs within Monterey County. Making the presentation was Floyd Ward, State Representative for the National Child Safety Council (NCSC).

On presenting the award, Ward stated that such awards are "indicative of the quality and commitment of both the individual and the Monterey County Sheriff's Department in promoting the safety and well-being of children within the community."

Sheriff D.B. "Bud" Cook, who has received the award himself and is responsible for the establishment and continuation of the program in Monterey County said "I greatly encourage all our deputies to work at making our county a safer, more secure place to live, and many of our deputies do participate in youth safety and education programs, often with little or no recognition."

"In addition," said Sheriff Cook, "I would like to give my very special thanks to those individuals, businesses, and community service organizations whose generous donations to the NCSC directly support our child safety efforts in Monterey County."

Ward explained that the NCSC is a Federal, tax-exempt, national non-profit organization dedicated to the safety of children, and assists local law enforcement and social services agencies in the fundraising, production and publication of child-safety, home security and drug abuse materials for distribution at schools and public events.

Deputy Allard was recently assigned to head the Sheriff's Crime Prevention Unit, and was previously assigned to the patrol division as a field training officer at the Monterey sub-station.

Upon receiving the award, Deputy Allard said, "The untiring efforts of the NCSC, and the generosity of our local sponsors cannot be over-emphasized. Without these materials, my efforts as a patrol deputy would have been diminished, and my contacts with children and teachers much less effective."

For more information on the NCSC or the Crime Prevention Unit call 757-8975.

Audubon Society Events Announced

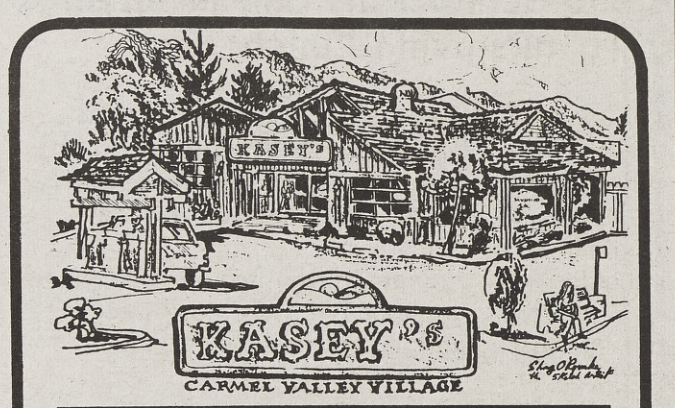
The Calendar has some exciting field trips and a crafts fair scheduled through December 6th. November is still a great time to see many varieties of local birds and the foliage this year, is a collectors item in itself.

Saturday, November 17: Field Trip, Pinto Lake Regional Park. Carpool at K-Mart parking lot, Seaside 8 a.m. or drive north on Highway One, exit at Airport Blvd., Watsonville. Turn left at stop light. Proceed on Airport Blvd. to second stop light and turn left onto Green Vallley Road. Continue to Pinto Lake Regional Park, past the city park. Meet in parking lot at 8:45 a.m. Leader: Jo Stallard, 375-9357.

Sunday, Dec. 2: Field Trip, Elkhorn Slough Estuarine Sanctuary. This is a great area to observe waterfowl and we should see quite a variety. Meet at K-Mart parking lot, Seaside, 8:30 a.m. for carpooling or at the sanctuary entrance, 1454 Elkhorn Road, at 9 a.m. Cancel if raining. Leader: Nancy McMahon, 757-1303.

Friday, December 4 through Saturday December 6: Crafts Fair. The Artisans Give Thanks to the Animals Seventh Annual Christmas Gift Show, Quail Lodge.

CARMEL VALLEY
POULTRY RANCH
FRESH EGGS
WHOLESALE • RETAIL
SERVING THE MONTEREY PENINSULA
BILL DICK DOROTHY DICK
8990 CARMEL VALLEY ROAD
CARMEL, CALIFORNIA 93923
(408) 624-2678
.5 MILES EAST OF HWY. 1



You Want It?
We've Got It!
Scotch • Bourbon
Gin • Vodka • Brandy
TENNIS BALLS
TENNIS BALLS THAT IS
2 cans for $5.00
We also have groceries, sundries and gasoling—(the only Premium Leaded in the Village)
OPEN 6:30 a.m.—11 p.m. Daily
659-4264

Above: Students participating in the annual Magazine Drive were treated to a "Hog Party" for their salesmanship efforts.

Middle School Magazine Drive Proves Successful

Right: The top salesman in the magazine drive included (front) David Skogerson, Dave Cutler, Tony Hill (a top winner), Sunny Scollan (the other top winner), Josh Stratton, (next row) Emily Rubin, Jennifer Carey, Kelley Allen, Clyde Klaumann, Britney Silveria, (back row) Debbie Shugart, Erica Clark, Pam Rice, Jenny Dyer, and Joel Cosseboom. Not pictured is Margaret Snow.

Photos by Debi Effron.

Crosswords PLUS

Edited by Stanley Newman
©1984 American Crossword Federation

See Answers On Page 20

(Editor's note: Crossword solvers are welcome to write Crosswords PLUS editor Stanley Newman with any questions pertaining to this issue's crossword or crosswords in general. All queries will be answered. Write Stanley Newman, American Crossword Federation, 443 Park Ave., South, New York, N.Y. 10016.)

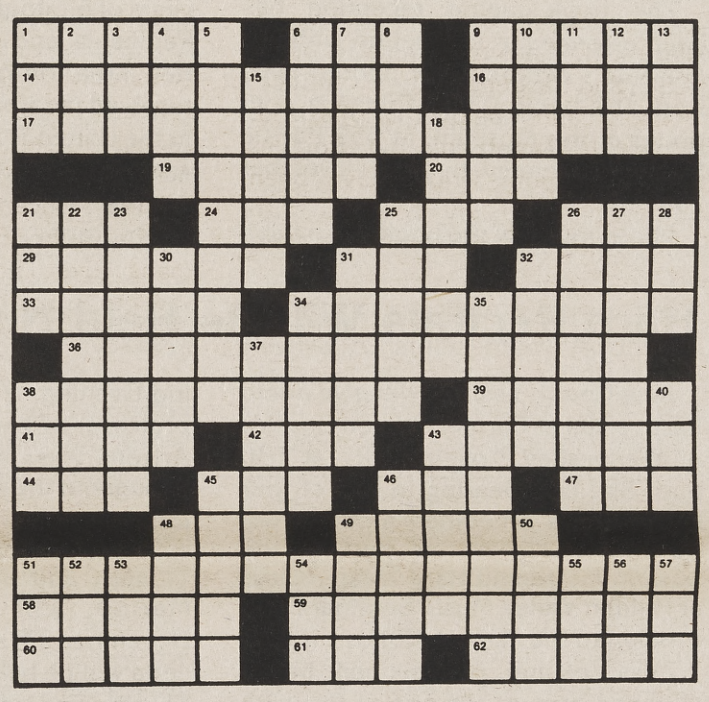
Disney World, by Stanley Newman

ACROSS

1 Impassive
6 Rhyme scheme
9 Big shot
14 Coca's cohort, once
16 Auto event
17 Disney's first sound cartoon: 1928
19 The "white" in The Great White Way
20 Texas and Minnesota both have one
21 Quiz show VIP's
24 Joplin creation
25 Kind of setter
26 Dol. fractions
29 This _____ (choice of a sort)
31 What to do with a plea
32 Huey, Dewey, and Louie, e.g.
33 Ricochet
34 Temporary
36 Best Song Oscar recipient: 1947
38 36 Across, musically speaking
39 Words from a bandwagon jumper-on
41 Donna or double
42 Set
43 Dressy hat
44 California fort
45 Before bodkins
46 Time-tested truism
47 Ward healers?
48 Breakfast for Brutus
49 Epithet for Earl Hines
51 TV Series: 1955-1959
58 Less friendly
59 Rake over the coals
60 Starter for 53 Down
61 Penultimate letter
62 Nosed out

DOWN

1 Draft org.
2 Little bird
3 Poem penned in praise
4 "Yes, _____", Davis autobiography
5 Studio necessity
6 "I Let _____ Go Out of My Heart"
7 Calls of the mild?
8 Linkletter
9 Location of Tracy's TV
10 Painter of Haarlem
11 Plumber's need
12 "Bingo _____ Yale", Porter tune
13 Soap ingredient
15 PT's opposite number
18 "_____ more, my lady. . ."
21 Summer shoe
22 More wacko
23 Worked hard
25 Steinbeck family
26 Disney, vis-a-vis 17 Across
27 Type of dictator
28 Bibber
30 Wished
31 Angler's accessory
32 _____ over (saw through difficulty)
34 Heads of France
35 First word of Judy's theme song
37 Afternoon at the movies?
38 Backward
40 W. Hemisphere alliance
43 Dom De Luise movie of '80
45 Above board
46 Undoing of 28 Down
48 Sure: Var.
49 Arch
50 Test type
51 Wire measure
52 It's Nice here?
53 Slangy smoke
54 Kittenish remark
55 Follow
56 Beehive State basketballer
57 Day or Murphy



Mira Will Present A Public Lecture

On Saturday, November 17, the Monterey Institute for Research in Astronomy (MIRA) will present a public lecture on "The Solar-Stellar Connection". the speaker will be Dr. Douglas Duncan, from the Mount Wilson Observatory.

Dr. Duncan will talk about the discovery of spot cycles on other stars, similar to the sunspot cycle on our sun. He will also talk about a remarkable young star in the Pleiades cluster and will speculate on the consequeces of our sun's being like that when young.

The lecture is free and suitable for general audiences. It is co-sponsored by Monterey Peninsula College and will be held at 8 p.m. in the Music Hall at the College.

The lecture is part of MIRA's ongoing educational program series. For more information call 375-3220.

The CVPOA Meets Tonight

The Carmel Valley Property Owners Association Board will meet tonight at 7:30 p.m. at St. Dunstan's Episcopal Church on Robinson Canyon Road.

Tentatively scheduled are discussions on service centers and a nominating committee report. In the president's report will be discussion of a general meeting for December, Carmel Valley Ranch, and the Water Management District.

For more information call 659-3690.

Carmel High School Site Council Meets Today

The Carmel High School School Site Council will meet on Wednesday, November 14 at 2:45 p.m. in room 26.

The public is invited to attend.

Network Plans Mugging Demonstration At November Meeting

A demonstration of Model Mugging is planned for the November 27th general membership meeting of the Professional Women's Network of the Monterey Peninsula at the Crossroads Community Room, 7:00 p.m. The director of the meeting will be Leslie Simon, Vice President of the PWN.

Model Mugging is Self-Defense for Women. The training is designed to provide a knock-out defense against a single unarmed attacker. With the high incidence of attacks on women in the Monterey Peninsula, Model Mugging instruction has become almost a necessity. Rape, of course, is the primary means of attack used by men against women and is being regarded as a crime of violence, not passion. Rape often leaves the victim with physical and emotional damage that can last a lifetime.

Although there is no standard response to an attack, in 50 percent of assualts in which the woman resists in any way, she succeeds in escaping or in scaring off her attacker. Conversely, a woman who struggles ineffectively runs a greater risk of being beaten or perhaps even killed. Model Mugging helps women know when and how to fight back so that chances for successful resistance are increased.

PWN members are admitted without charge; non-member fee is $5.00. For further information, call 659-3933.

The CUSD Board Will Meet On November 26

The regularly scheduled meeting of the Carmel Unified School District Board will take place on November 26 at the Tularcitos School on Ford Road and Via Contenta in Carmel Valley Village. The meeting begins at 7 p.m.

At this printing the agenda for the meeting has not yet been scheduled.

For more information call 624-1546.

Alliance On Aging Senior Nutrition Program Will Host Thanksgiving Luncheons

The Senior Nutrition Program of the Alliance on Aging will host a gala Thanksgiving luncheon at their eight nutrition sites throughout Monterey County on Tuesday, November 20. Seniors 60 years of age and older are welcome.

Lunch will include ambrosia, roast turkey with cranberry sauce, broccoli, mashed potatoes with gravy, tossed green salad with dressing, and fresh baked pumpkin pie. There is a suggested donation of 75 cents per person.

Seating is limited and reservations are required. For more information and reservations call 758-0911 or 372-5102.

Come See What We Have Added to

CARMEL COUNTRY SPA

WEIGHT REDUCING/HEALTH RESORT

Come Join Us

Monterey Peninsula's largest and newest padded gym in beautiful Carmel Valley.

Featuring Evening Classes in:

AEROBIC & DANCERCISE

Also Offering:

- PROFESSIONAL PERSONNEL FOR:
  - —FULL SERVICE BEAUTY SALON, featuring Manicures, Pedicures & Facials
  - —CELLULITE CONTROL WRAPS
  - —PROFESSIONAL THERAPEUTIC MASSAGE
- OLYMPIC SIZE HEATED POOL & HOT TUB, for Adults, $5 for 2 Hours
- DAY GUEST PROGRAMS AVAILABLE
- DIET LUNCH SERVED 12:30 DAILY (Reservations Required)

STYLING & HAIR COLORING SPECIALIST

CALL FOR INFORMATION

(408) 659-3486

10 Country Club Way

Residents Association At Rippling Gets New Officers

Members of the Residents Association of Rippling River voted in new officers during October. The organization is an independant tenants association.

Leading the organization will be president George Dunkly. Dunkly formerly served as Treasurer. Re-elected as vice president was Sally Reichard. Carolyn Metcalf will take over the position of treasurer and Lucille Quear will take over Metcalf's previous position of secretary.

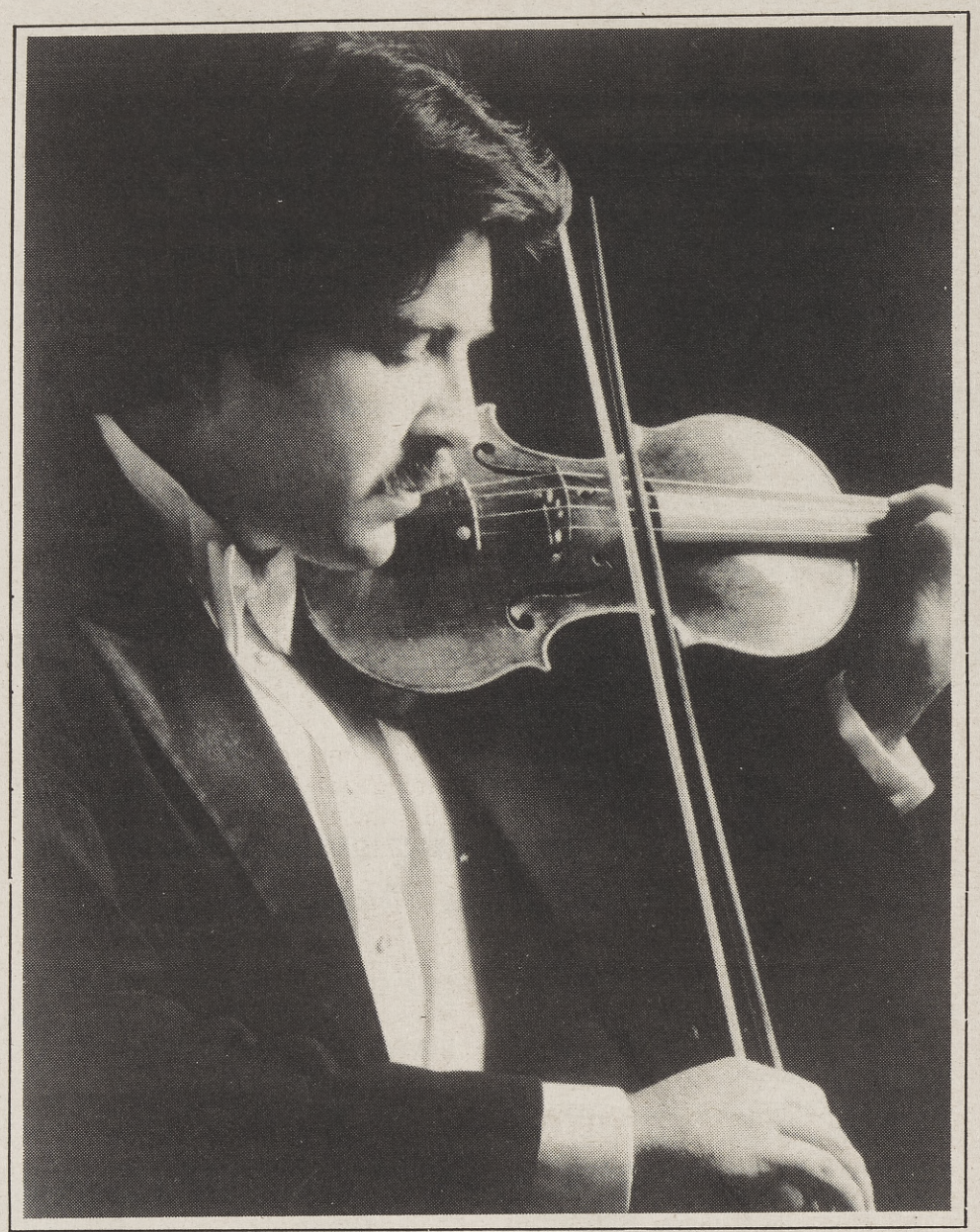
SPCA Program Will Feature Hearing Dogs

Ralph Dennard, Director of the Hearing Dog Program of the San Francisco SPCA, will speak on November 27, at 2 p.m. at the Monterey County SPCA's education building, 1002 Highway 68. Mr. Dennard will demonstrate the abilities of a hearing dog and describe the intensive training program.

The San Francisco SPCA has been training hearing dogs for over six years. They have placed over 200 dogs with deaf people throughout California free of charge. Each dog must complete a four month training program at an approximate cost of $3000.

This program is sponsored by the Quota Club of Carmel and the Delta Zeta Sorority. It is free and open to the public.

ENTERTAINMENT



Andres Cardeness will be the featured violinist at the next performance of the Monterey County Symphony.

Symphony Performance Will Feature Conductor Oleg Kovalenko And Violinist Andres Cardeness

This year the Monterey County Symphony has not only a guest artist appearing on every program but there is also a guest conductor auditioning for the position of Music Director. The second concert of the 1984-85 season will feature violinist Andres Cardenes and conductor Oleg Kovalenko, appearing at King Hall, Monterey on November 18; Sunset Theater, Carmel on Novmeber 19; and Sherwood Hall, Salinas on Novmeber 20.

Performances by the orchestra and guest artists will include Schuman's *New England Triptych,* Lalo's *Symphonie Espagnole for Violin and Orchestra,* and *Symphony No. 8 in G Major* by Anton Dvorak.

Born in the Ukraine, Oleg Kovalenko began his career as a violinist. He received a B.A. degree from UC Berkeley and an M.A. degree in Musicology from Stanford University. He studied under Charles Munch and Eleazar de Carvalho at Tanglewood School of Music, and also worked with Rafael Kubelik in Munich, Germany. He presently resides in Carmel.

While serving as Music Director of the Green Bay Symphony Orchestra, Mr. Kovalenko was awarded the 1971 Chamber of Commerce Citizen of the Year Award. He served as Resident Conductor of the Indianapolis Symphony and Music Director of the comtemporary Music Festival at Indiana State University. His numerous guest conductor appearances include performances with the Chicage, Detroit, Dallas, New Jersey, Baltimore and Buffalo symphonies.

Mr. Kovalenko has received high critical acclaim as a "truly great conductor in the romantic tradition."

Andres Cardenes has not only been widely acclaimed for his artistry as a violinist, but has also received many awards including the Bronze Medal at the Tchaikovsky competition in Moscow and the Third Prize at the 1980 Sibelius International Violin Competition.

Mr. Cardenes studied with three internationally renowned teachers: Ivan Galamian, Nathan Milstein, and Josef Gingold. At the age of twenty-three, after his work with Gingold, Cardenes was appointed to the Music School Faculty at Indiana University. At the present time he is the concertmaster of the Utah Symphony Orchestra and performs throughout the world.

Tickets for all three performances may be obtained on a first come first served basis at the Symphony office, located in Room 7 of the Sunset Cultural Center in Carmel. Tickets for the King Hall performance, November 18, may also be purchased at Abinante Music Store and at Do Re Mi in the Barnyard. Tickets for the Sherwood hall performance, November 20, may be purchased at Gadsby's Music Company, Old Town Salinas, and at the Salinas Community Center office.

For more information call 624-8511 or 758-3594.

Dixieland Group Awards Grant To MPC

The Monterey Peninsula College Music Department has received a $1,000 grant from Dixieland Monterey, a group of local jazz music enthusiasts whose purpose is to promote interest in jazz on the Monterey Peninsula.

The funds, which are part of the income generated at the Dixieland Monterey Festival last March, are to be used at MPC this school year to promote the jazz program at the college. MPC Music Department Chairman Don Schamber has been assigned the task of determining the best use for these funds. According to Schamber, the major portion of the grant will be used for scholarships to MPC jazz students.

Photographer Morley Baer Will Appear At Book-signing Reception

Award-winning photographer Morley Baer will autograph copies of his newly published book, *The Wilder Shore,* in the Monterey Peninsula Museum of Art Saturday, November 10, beginning at 12 o'clock noon.

The book-signing reception has been arranged in conjuction with the Museum's exhibition of photographs from the book. The exhibition continues at the Museum, at 559 Pacific Street in Monterey, through November 25.

Photographs in the book and exhibition include images of the California Coast, but landscape photography of other parts of California has also been reproduced. The new book, published by the Sierra Club, includes images taken throughout Baer's more than 35 years of photography on the Monterey Peninsula and in the San Francisco Bay Area. He has, during his career, received recognition for his work both in the United States and in Europe and was awarded the American Institute of Architects' Gold Medal for photography.

Harp Recitals Will Be Held Nov. 21—24

Miss Naoko Yoshino will give a solo harp recital at Carmel Mission Basilica on Wednesday, November 21, at 7:30 p.m. She is appearing in one of four harp recitals scheduled nightly from November 21—24, as part of the Susann McDonald Harp Master Class at Hidden Valley Music Seminars. Admission to the Mission Concert is free.

Miss Yoshino, now sixteen, began studying harp at the age of five with Susann McDonald. At thirteen, this Japanese teenager won second prize at the International Harp Competition in Rome against professional harpists ten and fifteen years her senior. Violinist Yehudi Menhuin has called her "one of the great young artists of our day."

Performing at 7:30 p.m. Thanksgiving Evening, is Carrol McLaughlin, a professor of harp at the University of Arizona. Miss McLaughlin concertizes throughout the world and plays for major film studios in Hollywood. Award-winning haprists, Julie Lang of Tiburon and Julene Penner of San Marino, will give a recital on November 23, at 7:30 p.m. Both concerts will be held at the Hidden Valley Theatre and admission is free.

Saturday's 8 p.m. concert, also at Hidden Valley Theatre, will include all four performers and other outstanding students of Susann McDonald's Master Class. A highlight of the final concert will be a medley of carols performed by the Harp ensemble. Tickets for the Saturday night concert are $8 and will be available at the door.

INTRODUCTORY SPECIAL

½ Off on Acrylic Nails
offer good thru Dec. 15
$20.00
reg. $40.00

With $10 Manicure Rene will include a pedicure for only $5.00 (reg. $15.00)
offer good thru Nov. 10
(men or women)

Call 659-2725 or 659-2844
afternoon or evening appointments

Introducing Rene

Formerly with Contessa Hair Fashions, L.A. 3 years experience in Acrylic Nails & Design

The Village Beauty Shoppe

Chamber Music Society Will Present Sequoia String Quartet

The Chamber Music Society of the Monterey Peninsula will present the Sequoia String Quartet on Wednesday, November 21, at 8 p.m. at the Sunset Theater, San Carlos and Ninth, in Carmel.

The Quartet with Yoko Matsuda, violin, Miwako Watanabe, violin, James Dunham, viola, and Robert Martin, cello, will play Haydn's Quartet in E-flat major, Opus 33, No. 2, "The Joke," Prokofiev's Quartet No. 1 in B minor, Opus 50, and Debussy's Quartet in G minor, Opus 10.

The Sequoia String Quartet, founded in 1972, is California's own quartet and winner of the prestigious Walter W. Naumburg Chamber Music Award. It is the Quartet-in-Residence at the California Institute of the Arts, Valencia and the California State University, Long Beach. The Sequoia was a featured ensemble, with sold-out performances, at the 1984 Olympic Arts Festival in Los Angeles.

The Quartet has performed at the Metropolitan Museum of Art, the Wilshire Ebell in Los Angeles, the Library of Congress, the Chamber Music Council of Chicago, and at the Tanglewood Festival as well as in Germany and Australia. The ensemble has received grants from the California Arts Council, the National Endowment for the Arts, and other foundations and corporations. The Sequoia has recorded for the Sheffield, Delos, and Nonesuch labels.

Violinist Yoko Matsuda, a founding member of the Sequoia String Quartet, came from Japan to study with Broadus Erle at the Yale School of Music where she received her Master of Music degree. She is a winner of the Merriweather Post Competition, was a member of the Yale Quartet, and has performed with major orchestras as well as in recital in America and in Japan including the Chamber Music Society of Lincoln Center, Marlboro Music Festival, and Music from Marlboro series. Miss Matsuda is the founding Music Director of the Chestnut Hill Summer Concert series in Connecticut, and head of the String Department, California Institute of the Arts. Her violin is a 1711 Stradivarius.

Violinist Miwako Watanabe came to the U.S. to study with Ivan Galamian at the Curtis Institute of Music and later studied with Sandor Vegh in Europe. She has performed throughout Europe and, with the Munich Bach Orchestra, toured Europe, the Soviet Union, Japan, Canada, and the U.S. Miss Watanabe is a former member of the Los Angeles Chamber Orchestra. Her violin is a 1775 J.B. Guadagnini.

Violist James Dunham, a founding member of the Sequoia String Quartet, is a graduate of the Interlochen Arts Academy and the California Institute of the Arts. He has participated in the Berkshire Music Festival, Chamber Music Northwest, Marlboro Music Festival, the Music from Marlboro series, and was member of the Los Angeles Chamber Orchestra and principal violist with the California Chamber Symphony. Mr. Dunham appears regularly in the Los Angeles area and plays a 16th century Gaspar da Salo.

Cellist Robert Martin is a graduate of the Curtis Institute of Music studying with Leonard Rose and Orlando Cole. He has participated in the Marlboro Music Festival, the Casals Master Classes, and appeared as soloist in major music centers of North America as well as in the Far East. Mr. Martin was principal cellist of the New Haven Symphony Orchestra, Group for Contemporary Music in New York, and the Center of the Creative and Performing Arts in Buffalo. He has recorded for CRI and Epic records. His cello is a 1719 David Tecchler.

Single tickets are $8 at the door before the concert. For information and membership in the Chamber Music Society call 372-5981.

The Chamber Music Society of the Monterey Peninsula will present the Sequoia String Quartet on Wednesday, November 21, at 8 p.m. in Sunset Theater, San Carlos and Ninth, Carmel. Members of the Quartet are Yoko Matsuda, violin, Miwako Watanabe, violin, James Dunham, viola, and Robert Martin, cello. The Quartet will perform works of Haydn, Prokofiev, and Debussy.

SPCA Will Hold Pet Visitation Orientation

The Monterey County SPCA will hold an orientation for pet visitation volunteers on Saturday, November 17, from 9 a.m. until 2:30 p.m. in the *education building, 1002 Highway 68.*

Pet visitation volunteers will be trained in therapy techniques that will enable them to visit convalescent homes with shelter animals and aid in the permanent placement of pets in the homes.

The training includes lunch. *Volunteers should be at least 18. Call 373-2631 or 422-4721 to reserve a* place in the class.

PEARL AND DIAMOND 14K GOLD RING, FRESH WATER PEARLS WITH GOLD PENDANT, AND 14K GOLD EARRINGS

RICHARD SHEA

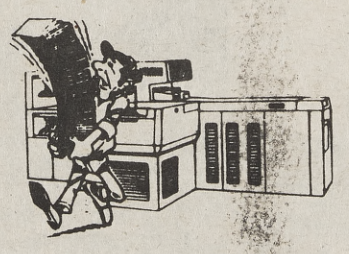
GOLDSMITH - SILVERSMITH
P.O. Box 862
Carmel Valley, CA 93924

VALLEY STUDIO

13 W. Carmel Valley Rd.
Carmel Valley, CA
(408) 659-4346

CARMEL -

McKay Business Service



PICK UP & DELIVERY
26555 Carmel Rancho Blvd., Suite 4

XEROX 9500, 3100, 1035
COPYING - COLLATING - REDUCTION
CARD STOCK - 2 SIDES - TO 11 X 17
VELO & SPIRAL BINDING PAPER, ACETATE, COMPOSITION
IBM DISPLAYWRITER & SELECTRIC
WORD PROCESSING, LETTERS, RESUMES, MANUSCRIPTS, LEGAL FORMS, LABELS
• LETTERS • ADDRESSING
• XEROX 9400 • COPYING
• MAILING • EDITING
• TYPING • DISPLAY WRITER • NOTARY

625-1164

• M-F 8-5
Carmel

Holiday Greetings from the Bakery

New this season:
Pumpkin Pies
(made with real cream)
Pumpkin Cookies
Banana Nut Bread
Orange Pecan Bread and Muffins
Russian Tea Cookies
Pecan Crunch Cookies
By Popular Demand
CREAM CHEESE STRUDEL
PLEASE PRE—ORDER
Trays of tea-sized cookies can be made for your parties and special gatherings.

PRE-ORDER PIES
Pecan, Mince Meat
Special Apple, Pumpkin
Cherry, Apricots
Blueberry, Boysenberry
Time to order
HOLIDAY
Party Trays
from the DELI

LOCATED IN THE VILLAGE
ON CARMEL VALLEY ROAD

659-3416

OPEN
7:30 a.m.—11 p.m.
Sunday—Wednesday
7:30 a.m.—12 p.m.
Thursday—Saturday

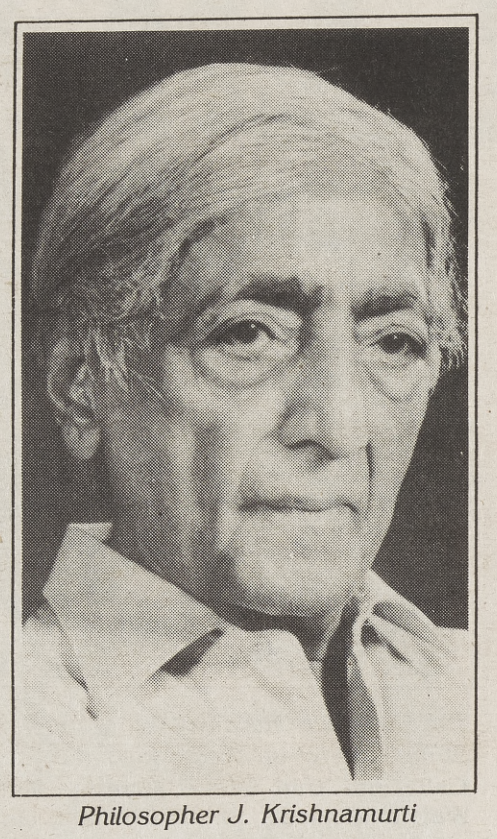
Film Documents The Life And Teachings Of Krishnamurti

Five years in the making, *The Challenge of Change* documents the life and teachings of philosopher J. Krishnamurti. The film, narrated by Richard Basehart and Richard Chamberlain, presents the man and his philosophy so clearly that those unfamiliar with Krishnamurti can understand and enjoy.

The first part of the film uses rare archive photos and narration to make the early days in India come to life. The film leads up to Krisnamurti's dramatic "Truth is a Pathless" speech when he set his followers free in 1929.

The second half moves on to Krishnamurti's current teachings. At nearly 90 years old, Krishnamurti continues to speak to large audiences in India, Europe and the United States. The camera crew follows him on his world tours to capture an overview of his philosophy on film.

Krishnamurti opines that personal change comes before changes in society. Again and again, Krishnamurti poses the question, "Why don't you change?"



Philosopher J. Krishnamurti

The Challenge of Change shows November 18 at 8 p.m. in the Santa Cruz Civic Auditorium at 307 Church Street. Advance tickets are available at the Auditorium Box Office. For information call 429-3444.

Brown Bag Cinema Features Return To The Sunset Center

The popular Brown Bag Cinema presented by the City of Carmel-by-the-Sea and the Community and Cultural Commission free to the residents of the community will start on Thursday, November 15 and continue throughout the season until June 20. Films are shown the third Thursday of each month at 1 p.m. in Carpenter hall at the Sunset Center, 8th and Mission Streets, Carmel.

The opening film will be *Michelangelo: The Last Giant,* and features the life story of the artist through his paitnings, sculpture, and architecture as well as through quotations from his biographers and excerpts from his own writings. This beautiful film provides an insight into the mind of a great artist and instills an appreciation for some of the greatest works of art ever created.

Among the awards that this film has garnered are the Golden Eagle Award and the Golden Gate Award at the San Francisco International competition. Participants need a brown bag lunch. The Sunset Center will provide coffee. Lunch will be enjoyed on the terrace outside the Chapman Room on fine days and in the Chapman Room when weather is inclement.

"Here is an opportunity to revive an old-fashioned spirit of community and neighborliness. A chance to renew old friendships and to make new ones," said Sunset Center Director, Richard Tyler.

No reservations or tickets are required. For further information call 624-3996.

"Elephant Man" Auditions Will End Tonight

Auditions for *The Elephant Man* to be presented by Hartnell Theatre will continue on Wednesday, November 14 from 7 to 10 p.m. in the Studio Theatre. The rehearsals will begin in January with performances scheduled for early March.

Directed by Taft Miller, *The Elephant man* is based on the life of John Merrick. Anyone interested in further information should call Ron Danko at 758-2091.

Cal Rep Gets Help From Anonymous Donor In Challenge Gift

An anonymous donor has pledged a $50,000 challenge gift to The California Repertory Theatre providing Cal Rep raises a matching amount by the end of their 1984 season, December 23. The donor has specified that monies raised must come from individuals and businesses, and that foundation grants are not eligible for the challenge. This challenge, when met, will be a tremendous boon toward financial relief as well as future grant procurement. Numerous foundations have indicated that if Cal Rep successfully completes its current season, the prospects for receiving grants next year will be favorable.

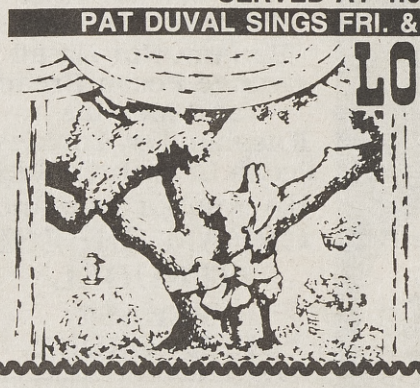
Therefore, and once again, The California Repertory Theatre extends its plea to individuals, community leaders and businesses to help them meet this challenge.

For further information, call 372-0750.

CARVED MAPLE 4' x 3'
"OREGON WILDLIFE SERIES"

CUSTOM WOOD CARVING
DOORS/MURALS/PANELS/LESSONS
interior & exterior
contractor & designer discounts
free estimates
Mark Andrew/659-5340
P.O. Box 1546, Carmel Valley, CA 93924

TURKEY TIME
MAKE YOUR RESERVATIONS NOW TO BREAK BREAD WITH US ON NOVEMBER 22nd
SERVED AT 4:00, 6:00 & 8:00 $12.50
PAT DUVAL SINGS FRI. & SAT. EVENINGS 9:00—MIDNIGHT

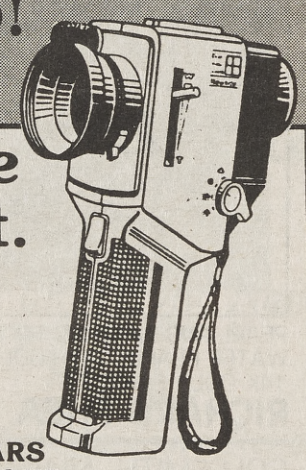


LOS LAURELES LODGE
"Serving Fine Foods & Cocktails Since 1939"
BRUNCH SERVED FROM 11:30 AM
DINNER SERVED FROM 5:30 PM
CARMEL VALLEY • 659-2233

659-2832
Via Contenta
Esquiline
Carmel Valley Rd.
The In and Outdoor Shop
COUNTRY ELEGANCE
Gifts from all over the world
We are wishing you a Happy Thanksgiving
Carmel Valley Village
White Oak Plaza

Let us help you select the gifts you love to give
Just In:
Mohair Throws
Angora Gloves (one size fits all)
and Woolen Scarves
These all come in beautiful colors.
10-6 Mon.—Sat. Closed Sunday
FREE Gift wrapping/UPS service available

Capture The Holidays On Video!



Rent our complete VHS camera outfit.
Lightweight!
East to use!
Special Member Rates!
Reserve Now!
SAVE DOLLARS
BUY ONE OF OUR
COUPON BOOKS
The Empire Strikes Back!
(VHS or BETA)
We Now Have Video Camera RENTALS! Call for details
VALLEY VIDEO
SUMMER HOURS:
Mon.—Sat. 10-9
Sun. 11-9
19-A Carmel Valley Rd.
(in the Village)
Carmel Valley
659-5026

Spanish Dancer, Jose Molina Will Perform Tonight At The Sunset Center

Spanish dancer, Jose Molina and his troupe will appear tonight only at the Sunset Center at 8 p.m.

The performance is part of Molina's current tour which hits every village from Carelton, Quebec to Cocoa, Florida and many points beyond.

When the tour ends, Jose Molina will be a well traveled, weary Spanish dancer. "But I regret nothing," Molina said, "I love to work. I love to dance. Sure, it's nice if you have a day off; you have a little bit of fun. But since I was 14, I have been on the road. I don't mind though because I love to dance."

Molina leads a 12-person group called Jose Molina Biales Espanoles.

He has led this group since 1962 and for four and one-half years before that was first dancer with Jose Greco. In short, he knows his spanish dancing. "We do all three kinds. They are completely different. There is Classical—Clasico Espanole—which is similar to ballet with big steps and the movement of the arms. Then there is Flamenco. A Flamenco dancer looks as if he is confined. You don not take big steps or you lose the atmosphere. there is Folkloric, the dancing of the Spanish peasant. Here we jump all over the stage."

Molina started dancing at the age of nine. "I came home, it was in Madrid, and I said to my father, 'I want to be a dancer." He said, "No. "My father did not want me to be a dancer. But I answered him back, "Yes, I want to be a dancer."

Subsequently, Molina spent five years studying dance in Madrid with Pilar Monterde. At age 14, he joined the company, Soledad Mirallew, and at 15, the Brisas de Espana. At 17, he had toured all the capitals of Europe and at 19, he made his U.S. television debut on the Steve Allen show.

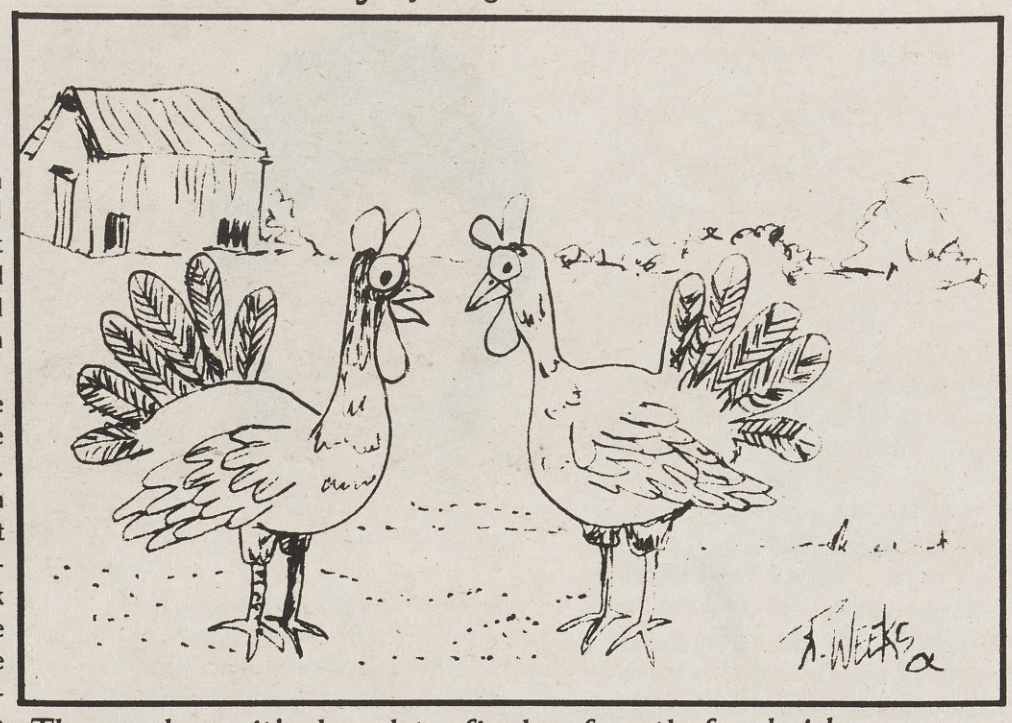
The way the story goes is that Jose Greco was watching that show and he promptly hired Molina by telephone. "I was very happy with Greco," Molina stated. "I was well paid, doing well. But it was Jose's company. There was only so much I could do. I couldn't ask him to let me do three solos. Only he could do three solos. So what was the next step? I had to form my own company. That is the only way you can create, grow, and develop." And so, Jose Molina related, he is still creating, growing, developing—in spite of that harrowing touring schedule.

Jose Molina Bailes Espanoles present a wonderfully exciting program of Spanish dance in all its modes. This sparkling troupe provides the audience with a rich and varied feast for the senses. There is splendid costuming, inventive choreography, and a selection of live music which draws on some of the best resources in the Spanish repertoire.

The *New York Times* has said, "Molina is a splendid dancer who combines a vigorous and strong beat with gracefully expressive arm movements."

Tickets at $8.75 and $7.75 for reserved seating are available by calling 624-3996.

Out In The Valley by Rodger Weeks



These days it's hard to find a fourth for bridge.

Crosby Season Badges Go On Sale

Season (formerly Booster) Badges are now on sale at local golf courses for the Bing Crosby National Pro-Am to be played January 28 -February 3, 1985, at Pebble Beach.

The badges will be $60. If purchased prior to December 31, they will be offered at $50. Badges entitle the holder to the full week of practice and tournament rounds over the three Pebble Beach courses: Pebble Beach, Cypress Point and Spyglass Hill.

This is a timely Christmas gift for the golfers on your list.

Among the amateurs already entered and to be paired with the leading PGA TOUR professionals are Pat Boone, Chris Bahr, Peter Uberroth, Dwight Clark, Clint Eastwood, Tommy John, Willie Mays, Jack Lemmon, Charley Pride, Willie McCovey, Roger Penske, Stan Smith and Hank Ketcham.

Net proceeds from this 44th annual event will benefit the Bing Crosby Youth Fund.

For further ticket information, plese call (408) 624-0100.

Closed Sunday & Monday
Open Tuesday — Saturday
10:30 a.m. — 5:30 p.m.

The Last Chance

Pre-Holiday
½ Price Sale Table

Cards • Novelty Gifts
Party Supplies • Stationery • Office Supplies • Fresh Flower Arrangements
Thanksgiving Cards & Party Decorations
Village Shopping Center • 659-2760

Carmel Valley
HAIR CENTER

Christmas Special
Day of Beauty

I. **Color Analysis**
Makeup Color Pack
Complete Hairstyle
Cut and Conditioner
Manicure & Pedicure
$100.00
$105 (includes lunch)

II. **Body Massage**
Facial
Manicure
with Nail Strengthening
Pedicure
Waxing
Shampoo, Cut & Conditioner
$135.00

III. **Shampoo, Cut, Blow-dry & Conditioner**
Nail Strengthening or
complete set French
Dip Nails
Color Analysis
Massage
$150.00 (includes lunch)

Call Robin, Jodi, Susie, Joy, or Deby
659-3047
7 Del Fino Pl.
Carmel Valley, CA

Tina & Adina
have moved!
We are at the Top of the Stairs
Suite 1
in the Village Center
Above the Market
Hair Care
by Appointment
659-2553—Tina
659-3301—Adina

Mon.—Fri. 9:30—5:30
Sat. 11—5, Closed Sun.
625-0210

PACIFIC FOTO EXPRESS
Holiday photos
2 for 1
Bring in coupon or mention this ad
New Overnite Drop-off
AT THE VILLAGE BUSINESS SERVICE
"In the Village" — The Oak Building
In by 5:00—out by 5:00 the next day
FAST PHOTO CENTER
110, 126, 35 AND DISC ON KODAK PAPER
SAME DAY SERVICE
Let us take care of your other camera needs: movies or slides developed.
MID-VALLEY SHOPPING CENTER
(Next to Hacienda Hay & Feed)

Ryans
Carmel Valley
CLEANERS
White Oak Plaza
659-4922
There IS a difference in dry cleaning...
"And we're striving to serve you better."
★ **Same Day Service**
(If in by 11:00 a.m., out by 5:00 p.m.)
★ **Free take down & re-hang for draperies**
REASONABLE PRICES

Third in the series

Profile Of An Ed

Carmel High's Marsha Kading-K

by Diane Newton

Carmel High evokes many images and feelings in my mind as I think about the questions I am going to ask Marsha Kading-Kelly, the principal. It's a beautiful day—sunny and crisp, just the way a fall afternoon should be. Carmel High School, situated on a sunny knoll overlooking Carmel Valley, is set right on Highway 1 and Ocean Avenue in Carmel. Built in the 1950's it has the many wings and covered corridors that are so typical of the schools built during those years. I feel right at home, I went to a school of the same architectural design. The familiarity of the buildings brings back memories of high school, among them the fact that I knew kids who went to Carmel High which, in the Bay Area had the reputation of being a special place to go to school. "Carmel High" always had a magical ring.

Coming into the main building I am directed to go down the corridor and to my right where there are a series of rooms. They all look like conference and counselor's rooms. Marsha Kading-Kelly's room is the last one, sunny and open. There is a teacher with her. She smiles and nods hello—says she'll be with me in a minute. I turn my attention to the walls of the corridor. Giant pictures of all the past classes of Carmel High. I look at the oldest classes and chuckle about how stiffly we used to dress. The same little Peter Pan collars and black round-necked sweaters for the girls, the same flat-top hair cuts for the boys. I study the faces looking for any lingering magical qualities to be found there. They are very similar to the pictures in my own yearbook.

Marsha is ready for me, she comes out into the hall and ushers me into her sunny office. She is a very neat, compact person. I sense her appreciation of color and style which is reflected in her eggplant-colored suit and ruffled white and black striped blouse. I like the effect. Her deep brown eyes are warm and penetrating.

Marsha was born in Los Angeles and grew up in Los Angeles and Palm Springs. She graduated from high school in 1960; my mind jumps back to the 1960 graduating class down the hall; as if reading my thoughts, she comments on the picture and the fact that those faces could have been her graduating class. I laugh and confess

> *Marsha Kading-Kelly has a wonderful sense of intuition that she acts on spontaneously, and a lively sense of humour.*

that I have been thinking the same thing. We both wryly agree on how prim and stiff we all looked back then.

In recalling those years Marsha said that she didn't have any idea what she wanted to do after high school. Her favorite teacher recommended going to U.C. Berkeley and getting a teaching credential. A favorite uncle recommended the French Foreign Service as an option. She decided in favor of U.C. Berkeley. She found it very interesting to be in a small town and loved going to school there.

Berkeley in the early '60's offered an atomsphere open to exploration and investigation on many levels. It was a most stimulating and thought provoking place to be at that time. Marsha felt that it inspired and influenced her attitudes and career development. In 1964 she graduated. She then decided to go on to school at Cal State Los Angeles where she received her Masters Degree and eventually her Administrative Credential.

She began her teaching career in the fall of 1965 at Burbank Junior High School. She taught there one year and then went on to teach Arcadia Junior High School in Arcadia, Ca. Marsha taught there seven years. Then in 1973 she began teaching at the High School in Arcadia and stayed for two years.

The fall of 1975 brought many new and interesting changes to Marsha's career. That was when she began her first administrative position as assistant Vice Principal of Vina Danks Middle School in the Ontario Montclair School District. Vina Danks was a brand new school, unique in it's architecture and unique in it's closeness and support. Marsha described that closeness as being a natural outcome of the architecture, the entire facility, except for the gym and shop, is under one roof. This arrangement, said Marsha, generates a feeling of caring among the students and faculty alike. Marsha stayed at Vina Danks for two years and then went back to Arcadia Junior High School in her new capacity as Assistant Principal. Marsha by this time had been in intensive teaching circumstances in both Junior and Senior High School and realizing the dramatic changes that occur in the middle school age group, she made this observation, "In my own education there was not one class in learning how to teach a middle school group." She continued, that "only elementary or high school curriculum was stressed." She remained as Assistant Principal of Claremont High School for three years and moved on in 1980 to become Assistant Principal of Claremont High School.

In 1981 an opening for Principal became available at Carmel High. Marsha applied for the job and won out over 100 applicants. She was the first person hired by Bill Rand, Supervisor of the District.

At this point I asked the question I had been waiting to ask, "How is it to be a woman principal? How do men teachers, men administrators, students and parents work and relate to you?"

"Carmel High School is my fourth administrative position and previously I felt like a token woman. I find that the Monterey Peninsula is very accepting and receptive of women, this is a very free and nurturing environment. An example of this is the terrific input

> *"Carmel High School is my fourth administrative position and previously I felt like a token woman. I find that the Monterey Peninsula is very accepting and receptive of women."*

created by the three other Monterey Peninsula high school principals and myself. We have generated a mini-support group and in-service that has become very, very helpful." Marsha has also found that parents of high school kids are not afraid of anything, they are very cooperative at working

n Educator

h's
ling-Kelly

out problems and working with faculty and students. She really enjoys working with all her teachers, parents, students and other high school principals. As she so aptly puts it, "In a small school like this everybody does a lot."

When Marsha first came to Carmel High School, she thought she would like to stay about three years—she felt unclear about her career goals at the time. However, now that she has become acquainted and involved with the community and the Monterey Peninsula, her feelings have changed. As she so enthusiastically points out, "The students here are the best. Recently, I have been on accreditation teams to other districts and am always happy to return, I know this is the best place to be."

In her overall design for the school she began by working on a path of excellence. In her second year she started campaigning for student self-esteem, school esteem, and good comparison ratings (SAT test scores) with other schools. This attitude generated by Marsha and carried by the students affects not only the whole school but also the Universities and Colleges where the students apply. It is during their high school years that they begin to think of the future direction they will take. To help with this decision there is a great deal of personal and career counseling available to the students. According to Carmel High's records, 80-85 percent of the student body will go on to more schooling. Some of these students will wait a year—working and accruing money—and then go on to school. This group of students is given a lot of encouragement during this working and planning period.

There are a battery of tests given to the students both for their skills in academics and to discover their talents. In the 10th grade students take the Couter Aptitude Test in order to more fully reveal certain aptitudes and interests. The Air Force comes to give a test, and there is also the ROP Hospitality Program, in which the hotel/motel/restaurant businesses offer work experience as an accredited class. In the 12th grade, there are of course the SAT (Scholastic Aptitude Testing) and the CAP (California Assessment Program). These two tests plus grade point average will determine a student's placement in a College or University.

Along with their academic growth their social growth is also important and there are many activities available to students that expand this social awareness. One of the great activities that takes place on this campus is the sharing and exchange of assemblies and school officers with the other three Monterey Peninsula high schools; Monterey High, Pacific Grove, and Seaside. The dance teachers put on combined dance programs and Carmel High and Pacific Grove exchange student body officers. We also talked about cliques and groups with special interests. It seems there are more students without labels than there are with labels or in groups. Marsha made the comment, "There are lots of floaters, most kids here seem to float." She felt that it was a genuine credit to the community that they all get along so well because there are so many diverse backgrounds represented.

"Kids from Carmel High School are sophisticated in their knowledge about and how to approach adults."

I asked how the closed campus was being received by the students and Marsha said that it was working out well. She added that this is a very cooperative student body as long as they understand what's being asked of them. They are very tough on themselves in formulating and abiding by the rules. Then with a confident smile, Marsh pointed out another social grace to be found here commenting that, "kids from Carmel High School are sophisticated in their knowledge about and how to approach adults."

She was also pleased to point out that in spite of predictions of a shrinking student body, Carmel High interestingly enough, has stayed very stable in terms of enrollment. This year 800 students were expected and there is an enrollment of 850, a surprise to everyone. The apparent reasons for this are new families moving into the area and the rising costs of secondary education in private schools.

Marsha Kading-Kelly has a wonderful sense of intuition that she acts on spontaneously, combined with good common sense, an excellent background of experience and a lively sense of humour. She has the ability to make one feel comfortable chatting over a cup of tea and at the same time there is a controlled energy burning below the surface that implies much movement and the accomplishment of goals.

I was curious about Marsha's personal life and how she manages to balance it with her professional life. She was as open and ardent about herself and her family as she was about her profession.

When Marsha arrived here from Southern California in 1981, there was only her daughter and herself. She had been divorced shortly before coming to Carmel. Her daughter, Naomi, was just entering 5th grade at River School.

During Marsha's first year at Carmel High the student body president was Aileen Kelly. Marsha and Aileen became very close as they worked together on school business. Shortly before this time Aileen's mother had died of cancer and as a result Marsha did a lot of counseling with Aileen which created an even stronger bond between them. Mike Kelly, Aileen's brother was a sophomore at this time, so Marsha was very aware of and involved in this family's dynamics. It was during this time that she met Brian Kelly, the father of Aileen and Mike. She was so moved by their strength and integrity that she fell in love with the whole family. Shortly a new branch of this love began to blossom between Marsha and Brian and in August, the summer of 1982 they were married. As Marsha confided, it was "totally unexpected and very romantic."

"I have been on accreditation teams to other districts and am always happy to return, I know this is the best place to be."

Marsha and Naomi moved into the Kelly home which overlooks Carmel Valley and the two busy families began to mesh together. There are actually three Kelly children, Aileen, Mike, who was also president of the student body in 1984, and Pat Kelly who lives in Reno, Nevada. Brian Kelly sounds like a real dynamo and the affection and proudness Marsha holds for him are apparent in her eyes as she tells me about him. Even though he is retired, he works full time as a volunteer. He spends 20-25 hours a week at the Hospice in Carmel Valley, 6 hours a week with Jim Helgason at Carmel High and 20 to 25 hours with the Lay Ministry of his church. After telling me Brian's schedule Marsha smiles and says "We have to make appointments to see each other."

Marsha's day is equally energetic. The first thing in the morning which starts at 7:30 a.m., she talks with teachers. Then she puts out the daily bulletin for students and faculty. Her goal is to spend 1-2 hours in classrooms per day, but because she is on call all the time she hans't been able to manage it consistently, and as she says, "people are the compelling concern." She takes home 1-2 hours of paperwork at night and there are so many school activities and meetings that she is out 2 to 3 nights a week. At this point she gratefully mentioned the dedication and support of all those parents out there who are taking an active part in seeing that so many areas of school life are running smoothly.

Naomi, Marsha's daughter is just entering the teen years, an 8th grader at Middle School, she sounds as interesting and challenging as all people who grow up to become prime movers as adults. Marsha made an interesting and insightful comment at this moment, "The parenting role we don't get taught. The counseling role we do." She also shared a book she was reading, *How to Survive Your Teenagers*, "simple, practical advice and I recommend it highly."

For leisure pursuits, she enjoys reading, (even though she doesn't have much time to spend on reading for pleasure) right now her current book is the *Survival Book*, by Tegnor. Walking on the beach is another leisure pastime, as is attending plays at Cal Rep where she and Brian are charter members. They have also joined the Aquarium. They spend special weekends at Ventana and take one major trip a year—this year it will be to the British Isles.

As we finish the interview I am again impressed by Marsha Kading-Kelly's realness, determination and sincerity and am reminded of an earlier statement she made as we were talking about the school and the teachers on her staff..."It is a gift to be able to be a good teacher." Marsha certainly has that gift in great abundance. Here is an educator who, with a very light touch is able to groom and ready our children for that big world out there, giving them a foundation of self esteem as well as academic fitness.

Peggy Olsen Seascapes Will Be Featured At Museum of Art

A selection of seascapes by Monterey artist Peggy Olsen will be on display at the Monterey Conference Center from November 2, 1984, through January 10, 1985.

Ms. Olsen, a first-place winner at the 1984 Monterey County fair Art Exhibit, has had a number of one-person shows on the Monterey Peninsula and also had her work displayed in a one-person exhibition in Oakland during the spring of 1984.

"There's a vibrant use of color throughout the work," Monterey Peninsula Museum of Art Assistant Curator/Registrar Rick Deragon said in observing her show. "It's extremely liquid and painterly.

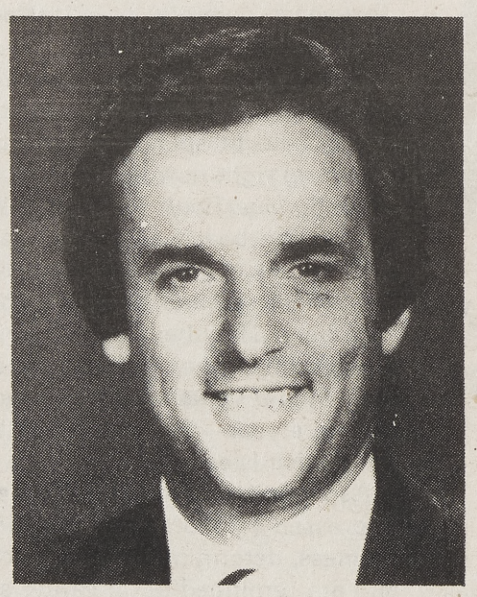
"The artist's empathy towards nature and apparent joy for the printing and painting process makes the work exciting."

Ms. Olsen, whose art instruction includes classes through Monterey Peninsula College and Carmel Adult School, also has had work on display through the Art Co-op in Berkeley and the Waterfront Gallery on Cannery Row, and currently has work in the Rose Rock Gallery in Carmel.

Her exhibition at the Conference Center, at 1 Portola Plaza in Monterey, can be seen on weekdays from 10 a.m. to 4 p.m.

Operations and hospital rooms cost more than you think...

Check with State Farm for hospital-surgical insurance.



Call:

Barney Belleci

26555 Carmel Rancho Blvd.
Carmel, Ca. 93923

Off: 624-6466

Res: 373-5257

Personal Health Insurance the State Farm way!

STATE FARM INSURANCE

Like a good neighbor, State Farm is there.

State Farm Mutual Automobile Insurance Company Home Office: Bloomington, Illinois

"Art Sandwich" Lectures Continue

The "Art Sandwich" series continues at the Pacific Grove Art Center Association with informal lectures scheduled for November 14, and 28.

Artist Will Bullas, whose works are currently on exhibition in the New Hall Gallery will be the speaker on November 14. Bullas will discuss "The Artist and His Work".

On November 21, there will be no lecture.

"The Art in Architecture" will be presented when the series returns on November 28. The speaker will be Architect, Lee Phillips.

"Art Sandwich" gatherings are held each Wednesday and begin at noon. Participants are asked to bring along a brown bag lunch and a $1.50 donation; non-members $2.50. Coffee and tea are provided.

For more information call 375-2208.

Bing Crosby Youth Fund Awards Grant To Pacific Grove Art Center

The Board of Trustees of the Bing Crosby Youth Fund have awarded a two thousand dollar grant to the Pacific Grove Art Center to assist with our ongoing Children's Art Education Program. In the past, these funds were used to defray the costs of supplies and instructors for our Art Camp and other children's art classes. "We are pleased to be able to continue to offer these high quality classes for the children on the Peninsula," said Lisa Russell, spokesperson for the Art Center.

The City of Pacific Grove has awarded a $1,100 Federal Revenue Sharing grant to the Art Center as well. Those funds are for assisting in the cost of general operations.

"This generous support of the Art Center is greatly appreciated," said Ms. Russell.

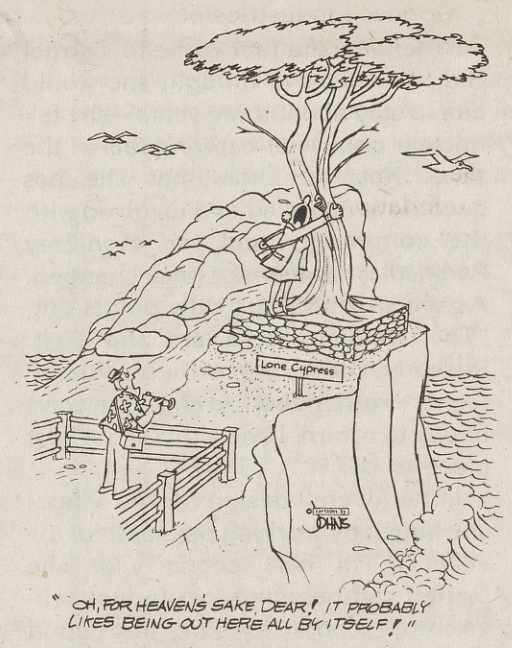
RLS Will Hold Reception For Cartoonist Al Johns

Magazine cartoonist Al Johns will be the featured artrist at a reception Friday, November 16, from 6:30 to 8:30 p.m. at the Art Gallery of the Robert Louis Stevenson School in Pebble Beach. The reception is open to the public and complimentary refreshments will be served.

Al and his wife and business partner Grace will be at the reception to greet people and all proceeds from the sale of Al's signed, hand-watercolored prints will benefit the Robert Louis Stevenson School Financial Aid Endowment Fund.

Al Johns is one of the most published magazine cartoonists in America. He has been a freelance cartoonist for over 30 years and was one of only ten cartoonists to be under contract to The Saturday Evening Post. Al specializes in providing cartoons for fraternal, religious and company publications.

For further information about the exhibit, phone 624-1257.



"OH, FOR HEAVEN'S SAKE, DEAR! IT PROBABLY LIKES BEING OUT HERE ALL BY ITSELF!"

Words From NE Walker

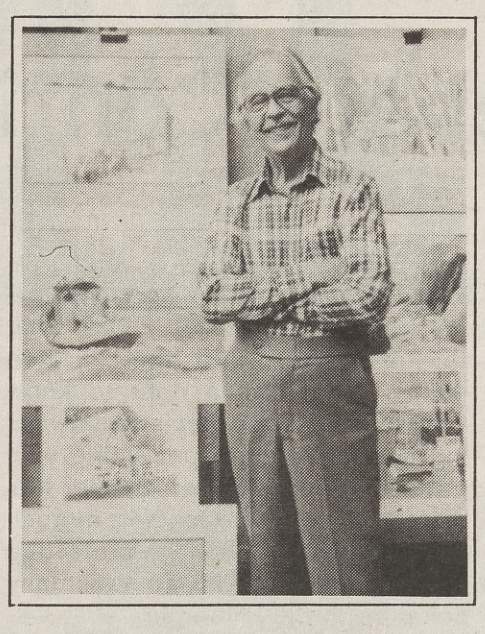
See page 25 for beginning of story

sent of 1250 acres of salt marsh, channels and tide flats....fish, and fowl rest, nest, spawn and return to their places in the sea or on the land. While I was growing up in California we dried up over 90 percent of our wetlands to avoid mosquitoes, or make more land to build upon....various reasons born of ignorance and we are fortunate that this land which is the second largest salt marsh in our state, after San Francisco Bay, with a channel that winds nearly 7 miles inland from the Monterey Submarine Canyon (which is so huge that the Grand Canyon would fit within it) gives a resting place for six rare or endangered species. It is a laboratory for many schools and universities in our area. Over and above all this—it is a most beautiful, quiet spot we can all visit and enjoy. For information write Elkhorn Slough Program, P.O. Box 267, Moss Landing, CA 95039. Be sure and take a windbreaker!

N.E. Walker wants to report that the clean-up at Elkhorn Slough of farm equipment and trash is going at an alarming rate.....if only you folks could attack your neighborhoods in such a manner. Remember that while N.E. Walker is Walking the Holy Land and Jordan with litter bag in hand, you may order shirts at the Carmel Valley Sun for $10.00. They will be delivered in December. Keep on trashing!!!

It's time to pack and get ready for my journey. How does one say farewell to a much-loved cat for a month? Very carefully....this black cat has sharp claws and doesn't like to be left behind.

Cheerio!



Carmel Valley residents Mike Largent (left) with his metal sculptures and watercolor artist Ronald Bean will be among the featured artists at the 14th annual Homecrafters Marketplace.

Homecrafter's Marketplace Will Be Held November 18

The Homecrafters Marketplace celebrates its 14th year at Carmel's Sunset Center, Saturday, November 17, 1984, from 10 a.m. to 3 p.m. in the central parking lot at Sunset Center, San Carlos and 9th, Carmel. Admission is free.

In case of rain, the event will be held on Sunday, Nov. 18.

The craft show is sponsored by Carmel's Community and Cultural Commission for individuals and non-profit organizations to display and sell handmade goods. Over 150 local artists, which range in age from teens to 80's, will sell items that include pottery, photography, wood and metal sculptures, dolls, Christmas decor and gifts, stained glass, paintings, baked goods, weavings and much more.

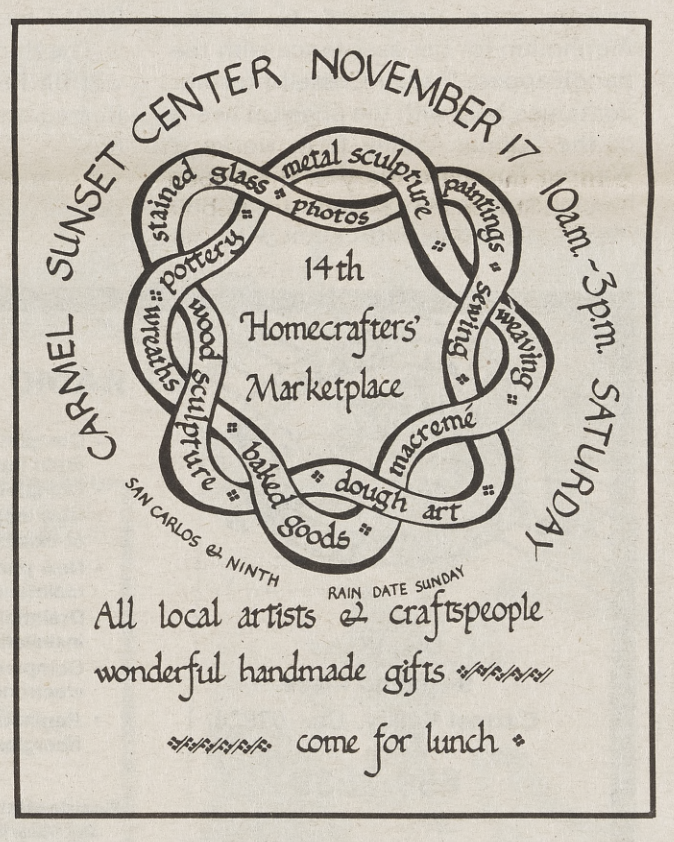
Delicious pastries, snacks, and coffee will be available throughout the hours of the Marketplace.

Packard Foundation Awards Grant

Goodwill Industries of Santa Cruz, Monterey & San Luis Obispo Counties have received a $15,000 grant from the David and Lucile Packard Foundation of Los Altos, toward the remodel of Goodwill's Santa Cruz headquarters. The grant was announced by Goodwill president Mark Eason who noted, "we still have $25,500 to raise, and have a number of requests pending."

The building to be remodeled was constructed in 1962 and currently houses Goodwill's administration processing of donated goods, and rehabilitation programs for disabled people of the Monterey Bay region. The renovation will provide larger quarters for client services, including classrooms for new job training programs some of which are currently being held in temporary quarters.

The remodel will permit Goodwill Industries to serve an increasing number of people with long-term handicaps, who may never have worked, or recent disabling injuries that have forced them to seek a new livelihood. "In 1983, Goodwill served over 450 clients," said Eason. "We expect that number to exceed 600 in 1984."



DON KRAMER ENTERPRISES
Paperhanging
Wall Preparation

P.O. Box 2712
Monterey, CA. 93942
(408) 372-2102 Estimates

(408) 625-2264
Ed Bloch-Farrington, M.A., M.F.C.C.
Psychotherapist
Licensed Marriage, Family, Child Counselor
Mid-Valley Office Park
27890 Dorris Dr.
Carmel, CA 93922

Friends Of The Hospice Will Hold Their Annual Christmas Fair

Friends of Hospice will present their 2nd annual Christmas Fair on November 17, 1984 at Chateau Julien from 10 a.m. to 5 p.m. Members of this organization have been preparing all year to make this as exciting and successful as last year's event.

There will be booths filled with toys, children's clothing, Collector's dolls in period costume and Christmas decorations of every description. Other booths will offer wall hangings, silk skirts, picnic baskets, antiques, fine arts and Fabulous Fake Jewelry at Fabulous prices. Also to be found are home made bread, casseroles, jams and jellies. Live Christmas trees can be purchased to take now or ordered for later delivery.

A miniature Doll House will be sold at Silent Auction during the day. A raffle will feature as Grand Prize The Bird Cage Sweetshop which won a Blue Ribbon at the Monterey County Fair. This gift to the Friends of Hospice was created by the Ladies of the Exchange who worked nearly one year on this delightful miniature in memory of one of their members, Jame Sassard. "A Day of Beauty" and a case of Chateau Julien wine will be second and third prizes.

Gourmet lunches and wine will be available for those who wish. Greenbriar, A Recorder Consort, will provide music during the afternoon.

For more information call 625-5576 or 372-6522.

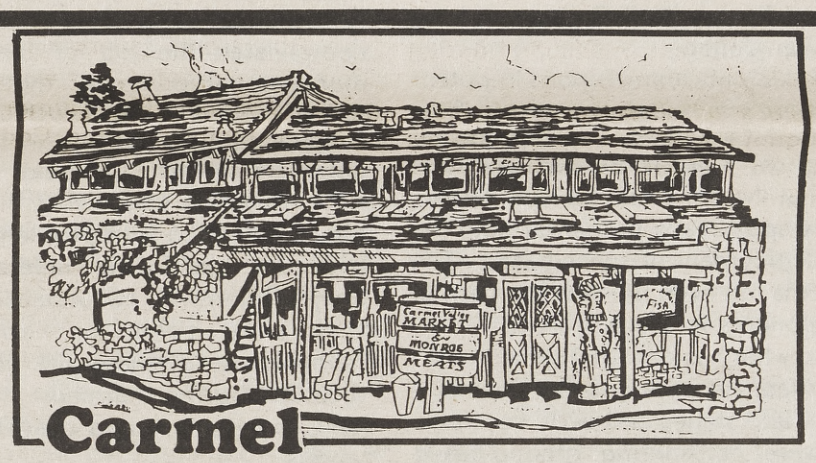
The Women's Association 18th Annual Harvest Fair Will Be Held Soon

The 18th annual Harvest Fair, sponsored by the Women's Association of the Community Church of the Monterey Peninsula, will be held at the Church on Friday, November 16th from 10 a.m. to 4 p.m. and Saturday, November 17th from 10 a.m. to 3 p.m.

Hot German donuts and coffee will be on sale both days. An array of jellies, nuts, baked goods, gift items, Christmas decorations and the famous "Judge's Fudge" will be offered for sale.

In addition, a silent auction will be held on beautiful handmade quilts.

The Church is located on Carmel Valley Road one mile east of Highway One.



Carmel Valley Market
659-2472
Sewing Notions • Tennis Shoes
Sweaters • T-Shirts
Briefs • Socks

In The Barn

ALFALFA
Alfalfa • Hay Cubes • Horse Pellets
Chicken Feed • Pig • Rabbit • Goat • Pigeon
Dog & Cat Feed • Pet Supplies

Grocery
Complete•Gourmet•Imported
Marmalades•Chutney

Produce
Carmel Valley CORN • Fresh Daily

Liquor
Complete Line • Beer-Domestic & Imported
Wines from 18 Countries
Collector Decantors—Hoffman, Jim Beam, Cyrus
Noble, Bing Crosby, Elvis Presley, McCormick

Meat
• USDA Choice Meats • Fresh Fish • Poultry

LOCATED IN THE VILLAGE BEHIND WILL'S FARGO AND THE TEXACO STATION • HOURS 8:00 A.M. to 8:00 P.M. SUNDAY 8:00 A.M. to 7:00 P.M.

Free Delivery in the Village
Randy Randazzo, Owner

Support your Carmel Valley Community Center

"Star Wars" Debate Continues...

"I think our president has gotten some very, very bad advice," said Dr. Robert M. Bowman in his speech at a meeting of the New Forum which was attended by 140 peninsula residents. Dr. Bowman, who opposes the "Star Wars" proposal was speaking on "Death Star—Why Weapons in Space Implies Holocaust."

In his presentation Dr. Bowman asked: "Do you trust the career military people in the United States, many of whom are speaking out on this issue as best they can..who see 'Star Wars' as being destructive of our national security? Do you trust the scientists? Over 90 percent of our Nobel prize scientists have come out against 'Star Wars,' or do you trust the civilian appointees who...have sold this bill of goods to our President. Now, I should say a 'trill' of goods because when the bill comes in it won't be a billion; it will be a trillion."

At the time of his retirement from the U.S. Air Force in 1978, Dr. Bowman was Director of Advanced Space Programs Development. Currently, he is president and director of the Institute for Space and Security Studies, an independent, not-for-profit, organization located in Potomac, Maryland. He received his Ph.D. in aeronautical and nuclear engineering from Cal Tech and is a graduate of the Armed Forces Staff College and the Air War College.

"Making nuclear weapons impotent and obsolete is not something 'Star *Wars' can't even address much less accomplish," said Dr. Bowman explaining* that the 1972 Anti Ballistic Missile treaty specifically prohibits "not only the deployment of space-based ABM systems but even the development of components for such systems."

"So what has changed since then?" he asked. According to Dr. Bowman, in the late sixties and early seventies we were considering ground-based point defenses with ballistic missile defense interceptors around each of the targets needing protection. "This turned out to be somewhat feasible in the case of protecting our missile silos, although the radars required for that are rather large and vulnerable." He added that these systems are totally infeasible for protecting the cities and villages of the United States.

The new developments since 1972, he said, come from improved technology. "If you can get them in the boost phase, the whole problem looks different. First, they're much more visible, sitting on top of huge rockets with enormous fiery tails visible to infrared sensors...at some 23,000 miles out in space."

Second, he pointed out that ballistic missiles are far more vulnerable in the boost phase, before they've dispensed their warheads. The warheads themselves are coated with an ablative coating that enables them to re-enter the atmosphere without harm from that red hot re-entry so they are not, then, very vulnerable to a laser beam attempting to destroy them, he stated.

Third, if you can get them in the boost phase, you've got a lot fewer targets to deal with," said Dr. Bowman. Currently, he explained, there are only 1400 ICBMs to deal with, but once the boost phase is over those ICBMs are free to dispense their multiple warheads, "as many as 10 today, perhaps 20 in a few years. In addition, the missiles dispense a few hundred decoys that look to our sensors exactly as the real ones. "That enormously complicates the job of the battle management computer that has to sort all of this out, track each of the in*dividual targets and assign them to* defensive systems," he said.

Dr. Bowman stated that the boost phase is riddled with problems since it occurs right in the middle of the Soviet Union. The boost phase lasts a very short time, he explained, "somewhere between 40 and 300 seconds. During that short time you have to intercept and destroy 1400 targets."

"Everyone knows that a perfect defense is impossible...so what is actually going on?" asked Dr. Bowman about the "Star Wars" objective.

Speaking as a military man, Dr. Bowman said "that is a valid mission...but is absolutely irresponsible not to tell the American people what they're buying with their trillion dollars. You have a right to know whether the system that is actually being developed is for protecting you, protecting our cities, or whether it is merely to continue this whole mutually assured destruction by protecting missile silos, which is what is actually going on in the Pentagon."

"I have nothing against that as a military man, but the point is, it can be done with a limited point defense, ground-based, in the immediate vicinity of the targets it is trying to protect and can be done within the limitations of the ABM treaty," he said.

Drawing upon a speech he gave in Moscow and subsequently in Leningrad in April of this year, Dr. Bowman read, "In my lectures to military and government leaders, I tell them it is no longer possible for us to guarantee the security of the United States without, at the same time, guaranteeing the security of the Soviet Union...It is the lack of understanding of these simple facts that underlies our dismal failure at arms control. We approach it as adversaries, as if it were a game in which one side wins and the other loses...we must approach it as partners attempting to solve a common problem."

The next meeting of the New Forum will be held on January 21, 1985. Persons interested in attending should call 624-1083 or 624-7494.

Baha'is Are Seeking Nominations For Human Rights Award

The Baha'is of the Monterey Bay area are requesting nominations for the 5th annual Human Rights Award Luncheon. The person selected for this honor must be someone who has performed significant service as an avocation in the field of Human Rights. Past awards were presented to Nanita Monhollan for her assistance with the handicapped, Nancy Costello for her continued help with the physical needs of the Salinas Valley farm workers, Wildred Tosch for his efforts with the hearing impairment program, and Nell Meyer, an active participant with the Seeing-Eye dog program and braille for the blind.

If you have a nomination, please mail the name and description of service along with your own name to Baha'i Human rights Award Committee, P.O. Box 3512, Salinas, California 93912 by the end of this week.

The Human Rights Award Luncehon will be held at noon at the Windfall Restaurant in Salinas on December 8th.

For more information call John Von Berg at 659-4944.

Local Planetary Initiative Group Will Meet November 17

The local Planetary Initiative for the World We Choose invites Peninsula residents to learn more about the organization at a one day event on Saturday November 17. The event will be held from 10 a.m. to 4 p.m. at the Monterey Institute of International Studies at 425 Van Buren Street, Monterey.

The Planetary Initiative is a worldwide organization made up of small groups who study the multiple interconnected issues challenging our planet at this time. In addition to studying the issues and values underlying them, the group offers support for one another and plans and carries out appropriate action in their communities.

In groups called Issues Exploration Groups (IEG's) the Planetary Initiative provides a forum in which participants delve into the present "Mega-Crisis" which the organization feels endangers our survival.

In these exploration groups, people have the opportunity to share their feelings and ideas on the world they would choose in relation to the particular issues being examined. They also learn to overcome the sense of powerlessness so often felt in regard to the enormous problems that confront humanity today.

Issues, which comprise the "Mega-Crisis" studied by the IEG's include war, disarmament and security, agriculture, population and hunger, economics, energy, resources and environment and human rights.

There is no charge for the event. A bag lunch is needed but beverages will be provided.

For more information contact Marcia Smith at 659-2956.

SEPTIC SYSTEMS
Golden Valley
& EXCAVATING

★ RADIO DISPATCHED ★

- Complete sewer, septic and drain line servicing
- Complete septic tank pumping
- New installations and repair of existing systems
- New pump systems and maintenance plans
- Drainfield and seepage pit installations
- Complete snaking service and electronic location of lines
- Peninsula distributor for Fiber Erectors fiberglass tanks Septic•water•vaults

Dan Weiss
9 Delfino Place
Carmel Valley, Ca. 93924

659-2539

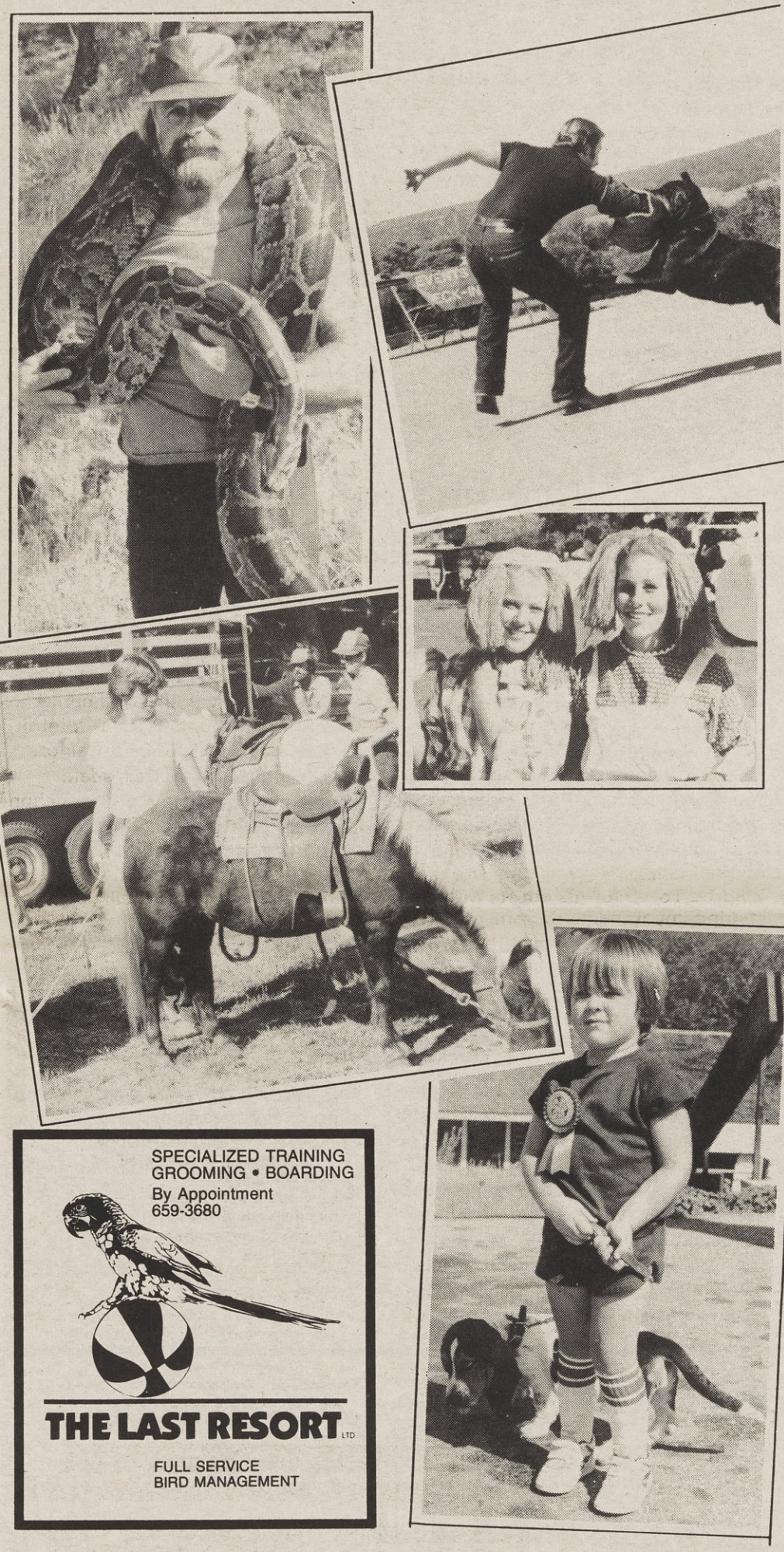
State License No. 342261

Residential - Commercial - Industrial
Also, tractor work, truck hauling, rock, sand, D.G., diamond saw cutting, and air compressor work.

Complete Real Estate Loan Inspections

ANIMAL TRACKS

As the old childhood song goes...."I went to the Animal Fair. The birds and the beasts were there..." And that's exactly how it was when the SPCA held their annual Animal Fair in October. There was something fun and entertaining for everyone. Photos by Jerry Granger.



Snowball's Agony

Snowball, a beautiful Samoyed, was once a happy pet. He had the misfortune of becoming a 'research tool.' On the night of March 24, 1983, a medical student found him collapsed in a doorway at the research facility in the Veteran's Administration Hospital at Palo Alto, California.

Emaciated, Snowball was shaking and coughing. Deeply infected wounds covered all four of his legs. On one leg, an ulcerated wound had gone through his skin and tissue, exposing the bone. *A gaping six-inch incision in his right groin oozed a yellowish fluid.*

The student took Snowball to an emergency clinic, but because his condition was untreatable, they had to euthanize him. According to the veterinarian, Snowball "was suffering tremendously and was not receiving proper medical or nutritional treatment."

Although autopsies performed at the clinic and at the University of California, Davis showed that Snowball "was suffering from advanced pneumonia and dehydration...a large amount of hair was found in the stomach...the intestinal tract was empty," a panel of hospital staff members at the research facility reported that Snowball "had received excellent treatment until the time it was taken from the research facility by a medical student."

Great controversy exists over the treatment and care of animals used in research laboratories. The debate affects all of us, not only because proper care improves the quality and reliability of biomedical research, but because recent attempts to outlaw the sale of pound animals to research labs have failed. This means that your lost pet could end up like Snowball.

Snowball's story is not an isolated case. There is evidence of considerable nationwide laboratory animal abuse.

In a Christian Science Monitor interview, the head of the USDA inspection *team admitted that the USDA lacked sufficient manpower to enforce the* Animal Welfare Act.

A Harvard Medical School technician told Congress, "I witnessed animals suffocating because of overcrowding...Complaints to my supervisor were ignored."

It is regrettable that so many of our renowned institutions show major and repeated deficiencies and violations.

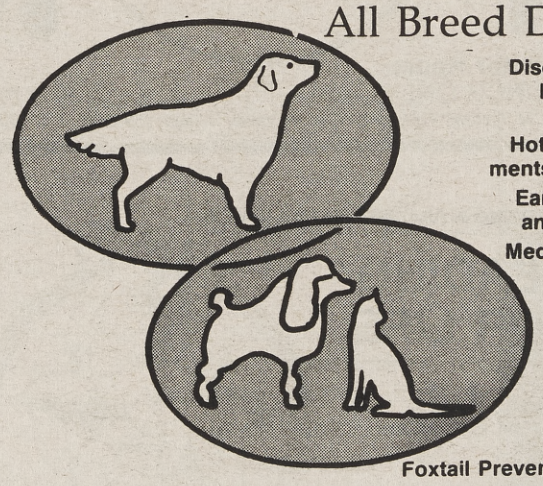
The Society for Animal Protective Legislation in Washington D.C. has laid the groundwork for legislation to prevent situations like Snowball's from happening in our laboratories.

If you would like further information about Snowball's story and proposed legislation to help ensure high quality research without undue pain and distress to animals, you can request Snowball's pamphlet from Mary Tesoro at 659-2041 or P.O. Box 653, Carmel Valley, CA 93924.

SPECIALIZED TRAINING
GROOMING • BOARDING
By Appointment
659-3680

THE LAST RESORT LTD
FULL SERVICE
BIRD MANAGEMENT

MID VALLEY PET SPA
All Breed Dog & Cat Grooming *by Cindy Cather*



Discount Flea Prevention Programs
Hot Oil Treatments available
Ears Plucked and Cleaned
Medical Baths Flea Dips
Fluff Drying
Nails Trimmed
Hand Sissoring
Foxtail Prevention Clips

November and December holiday groomings are coming up, so that your pets can look their best.

Call and schedule your pets holiday appointment in advance, so you can pick the time thats best for you during the holiday rush.

Have a Happy Thanksgiving

MID VALLEY SHOPPING CTR. • 625-6922
(Behind Dutch Windmill Restrant)

curtis colton
Landscaping
Specializing In
Low Maintenance Native Landscapes
Contractor Lic #409495
Member
design
construction
Complimentary Consults To C.V. Residents
624-1992
carmel valley

BUSINESS

THE CHAMBER CONNECTION

by Grace Darcy
Executive Director
Of The Chamber of Commerce

We seem to complete one event and then roll right into the next one, but that is what an active Chamber should do.

Thursday, November 15, will find Chamber members gathering at the Carmel Valley Inn to hear Attorney Elizabeth A. Field discuss Small Business and the Law. Ms. Field is a Chamber member, and also is a member of the Professional Women's Network of the Monterey Peninsula.

Prior to coming to the Monterey Peninsula, Ms. Field had private practices in both Alameda and Santa Clara Counties. She earned her Juris Doctorate degree from San Fernando Valley College of Law, Los Angeles, and her Bachelor of Arts Degree in Journalism from the University of Arizona, Tucson. She has lectured locally before community groups.

* * * * *

Sandra McCauley of The McCauley Company also will speak to those who attend the November 15th luncheon, but briefly. Her topic will be United Way, and she will show a short slide show before Elizabeth Field delivers the prime address of the day. Thanks to both of these professionals for giving of their time and talents for the Chamber and its members.

* * * * *

The two most recent businesses to join your Chamber are Townsends in The Barnyard, and Rita Seger Interior Design, Carmel. Welcome to these new members. We continue to grow and grow.

* * * * *

On November 6th, when most of us are home watching the election returns, the Chamber's Nominating Committee will be counting the ballots of Chamber members. They will have a tremendous job beacuse the returns have been overwhelming. Sorry, but we won't be able to report the results until next time.

* * * * *

Lee Mink back in town looking fit aftrer a vacation in Hawaii with his spouse, Valerie...Another Valerie graces the office of her spouse, Chuck McKay at McKay's Business Service...It's always a joy to visit Bank of America in Carmel Valley . Not only does Manager Jo Lomanto make everyone feel at home, but her helpful and knowledgeable staff are always so friendly and able to help solve any banking problems one may have...We saw lots of friendly faces at Jim Chinn's Monterey Savings Mixer on October 24. Mickey and Frank Manning were there, tanned from a well-deserved vacation...Sharon Sands looking great and back in the swing of things after her accident...Jim Chinn's lovely spouse, Evelyn, helping serve our members and friends...Tim Heaston stopping by for a a quick chat before moving on to another business obligation...the nice people from Chateau Julien pouring their fine wines and explaining the differences between the different kinds of wine...Chuck McKay talking and mixing with the many members and friends present...Judy and David Caswell chatting amiably with Pam and Steve Austin about the imminent arrival of a young Austin on the scene...Judy and David will become grandparents for the first time in May...and, speaking of new arrivals, Nancy Hirsch is the grandmother of Jessica, a healthy little angel who arrived last month...Is Nancy proud? Well, her toes just don't touch the ground anymore.

* * * * *

Don't forget that the Chamber will have another Mixer on November 28 at the Carmel Country Spa. Festivities wil commence at 5:30 P.M., and members and their friends are cordially invited to attend.

* * * * *

See you next time...

New Directors Elected To The Chamber Of Commerce

The results of the Board elections for the Chamber of Commerce serving Greater Carmel/Carmel Valley were announced by president Chuck McKay.

Re-elected to three year terms were Dr. Steve Austin of the Carmel Valley Family Dental Care Center, Debra Saxton of the *Carmel Valley Sun,* and Optometrist Dr. Kim Hartford. Joining as new Board members are Attorney, Elizabeth Field and Nick Lombardo of Rancho Canada Golf and Country Club.

Pleased with the results, McKay said the new directors were good representation of the membership and offered a good mix of businesses and experience.

The five directors were elected by an unprecedented number of returns. Out of 162 members 103 returned their ballots which was the highest ballot return recorded by the Chamber. McKay attributed the high returns to "the fact that it's an election year and people had voting on their minds." He said the Chamber has also raised its visibility and there is more interest in its activities and more participation on the part of its members.

For more information on the Chamber of Commerce call 659-4000.

Holiday Gift Wrapping Center Opens Today

The Holiday Gift Wrapping Center, a shop offering affordable giftwrapping service, opened today at 113 The Crossroads.

Prompted by her previous experience as a retail shop owner, Pam Ticoulat-Bowers said her new venture is to fill the needs of shopowners and shoppers. She said as a shop owner she found gift wrapping to be expensive. Her new service will help both shop owners and shoppers who "just don't want to deal with it."

The Holiday Gift Wrapping Center will be available for the next six weeks for wrapping gifts for all occasions as well as for Christmas presents. An assortment of ornaments will also be for sale.

Answers To Crosswords PLUS

see page 9

S	T	O	I	C		A	B	A		W	H	E	E	L
S	I	D	C	A	E	S	A	R		R	A	L	L	Y
S	T	E	A	M	B	O	A	T	W	I	L	L	I	E
			N	E	O	N	S		E	S	S			
M	C	S		R	A	G		J	E	T		C	T	S
O	R	T	H	A	T		C	O	P		T	R	I	O
C	A	R	O	M		T	R	A	N	S	I	E	N	T
	Z	I	P	A	D	E	E	D	O	O	D	A	H	
F	I	V	E	N	O	T	E	S		M	E	T	O	O
R	E	E	D		G	E	L		F	E	D	O	R	A
O	R	D		O	D	S		S	A	W		R	N	S
			O	V	A		F	A	T	H	A			
M	I	C	K	E	Y	M	O	U	S	E	C	L	U	B
I	C	I	E	R		E	X	C	O	R	I	A	T	E
L	I	G	H	T		W	Y	E		E	D	G	E	D

Disney World

HUEY, DEWEY, and LOUIE (32 Across), were Donald Duck's nephews.

EXCORIATE (59 Across) literally means "to strip the skin off".

"Day or Murphy" for BED (57 Down), is an example of a fair clue designed to mislead. If the clue were reversed to "Murphy or day" it would be clearer that a person's name is not being referred to (at least not in both cases).

"Donna or double" for REED (41 Across), is a little easier, but their juxtaposing (for alliteration's sake) requires some creative thinking for the solver.

DISCOVERY TOYS

DISCOVERY·TOYS T.M.

educational toys, books & games

Betty Hodgins
624-5997

home demonstrations for groups, phone and catalogue orders

No Smoking

Shelly's Kitchen
Est. 1975

Catering & Private Dinner Parties Now Available

Winter Hours:
LUNCH ONLY Mon.—Fri. 11 a.m.—2:30 p.m.
13 W. Carmel Valley Rd.•Carmel Valley Village•659-2792, 659-3601

del Valle Gunsmithing

- handguns a specialty
- repair
- cleaning, oiling
- new and used guns
- ammunition
- custom work

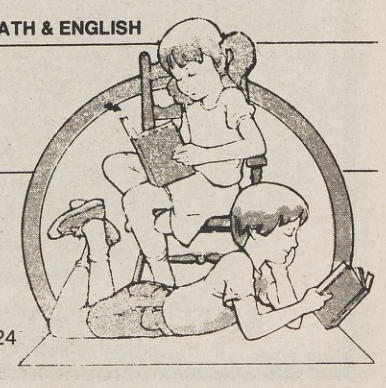
Talbott Building, S9
Carmel Valley Village Center **659-5033**
Mon-Fri 10 am-6 pm
Sat 9 am-3 pm

TUTORING IN READING, MATH & ENGLISH

READING FOR LIFE

Mary L. Berta
M.A. in Education

P.O. Box 644
Carmel Valley, Ca. 93924
(408) 659-2305



ZIMMERMANN NOTES

by Stephan P. Zimmermann

OPEC Is Complaining

OPEC, the thirteen member Organization of Oil Exporting Countries, is once again in the news. The group which in 1973 and 1974 raised the price of crude petroleum from about $3.00/bbl.to nearly $11.00/bbl. (subsequently raised the price to the mid-$30s/bbl.) and set the world's stage for a major recession, is now complaining because the free market forces have brought the price of crude back down to $29.00/bbl. A little historical review is in order before we can determine who will ultimately win or lose through this recent price drop.

OPEC is a cartel, founded in 1960, for the purpose of controlling prices and production costs of crude oil. Its members include Algeria, Gabon, Libya and Nigeria in Africa; Iran, Iraq, Kuwait, Qatar, Saudi Arabia and the United Arab Emirates in the Middle East; Ecuador and Venezuela in South America; and Indonesia in the Far East. Notably absent are such major oil producers as Mexico and the United States. A cartel, when it has a significant share of the market of a given commodity, can effectively control short-term prices of the commodity, primarily by increasing or decreasing production or, if a storable commodity, by withholding or dumping it on the market. OPEC contributes about a third of total world crude oil production. Within OPEC, Saudi Arabia is the dominant producer, and thus the dominant voice. If Saudi Arabia cuts production, and if the other producers join in the cuts or at least keep their output steady, prices will increase.

The 1973/74 price increases had several effects. While in the short run the world went into a recessionary tailspin, it also alerted Western leaders and industrialists to the opportunities which were presented to create new technologies, and new taxes. Although prices continued to rise over the decade, energy saving through improved and more efficient usage and through enhanced technology did in fact, decrease world oil demand.

On January 28, 1981, President Reagan ended U.S. government controls on oil and gas prices which had been imposed as a measure to control consumption and production of domestic oil. In fact, the controls probably prolonged higher prices. OPEC oil prices were "stabilized" at $34.00/bbl, and Saudi Arabia cut production by one million barrels per day in response to Reagan's pricing policy. In 1981, total world consumption of crude petroleum was about 50 million barrels per day. In 1984, estimated world consumption is only 44 million barrels per day, a drop of roughly 12 percent. Reagan's free market pricing policy worked. As retail refined gasoline prices edged up, consumption decreased, and Detroit started to produce more fuel-efficient cars. The rest of the world followed suit.

The decrease in consumption continues in the face of stable output. Oil prices, now at roughly $29.00/bbl, create production of about 52 million barrels/day versus consumption of 44 million bbls/day. The surplus of 8 million bbls/day translates into approximately $232 million/day, or $84 billion per year, lost to OPEC producers.

If the cartel were to dissolve, simple supply-demand analysis shows that the short-term price of crude oil would settle at approximately $25.00/bbl, with a total output of 47 million barrels per day. That would reach world equilibrium, and everyone would benefit. But cartels are not generally interested in benefitting the world; only their own benefit counts. And here is where the story gets really interesting!

A cartel, like any other union, is only as strong as its weakest link. From the membership list, it is obvious that some very weak links exist. Unlike most of the Middle Eastern nations who wisely invested their oil profits in domestic and international ventures, the African and Latin American OPEC members have borrowed extensively on their *future* oil revenues, and are thus dependent upon dollar revenues in order to pay their dollar-denominated debts. As the dollar strength has increased under the Reagan administration, and as the dollar price of oil has fallen, revenues to the weaker OPEC members have fallen. This has made their ability to repay dollar loans more difficult, and thus created fascinating economic scenarios.

What if Saudi Arabia decides that free-world-market pricing is more rational and it and its fellow Arab OPEC members leave the organization to crumble?

What if petroleum demand drops further, and free-market price drops force further cuts in OPEC prices?

What if the price of crude drops below $20.00/bbl in face of a stable dollar?

What if any one or a combination of the above cause Venezuela to be the first of a series of third world countries to default on their U.S. loan obligations?

Some responses to the scenarios presented in the next issue.

FACE TO FACE

by Dan Derr
Designer/Photographer

All That's Left Is The Gophers

At this time of the year, when the earth and its creatures are either dying or going dormant, there is that feeling in all of us that begins to anticipate the rebirth of spring, a longing for the new beginning, the germination of the fall and winter precipitate. Especially noticeable is the brown overlay that usually surrounds our home, the landscape.

Indoor living being the mode at this time, books are used more as entertainment, offering a retiring activity for both the mind and body. Yet they contain the seeds of dreams, for the future, the spring, the re-birth. And with the newest green spears after the recent rain, also comes the thought patterns of: "Gee I'd like to have jonquils;" "Produce is so high, maybe we could do a vegetable garden next year;" and the perennial "What are we going to do about the lawn?"

Dream books from Sunset and Ortho are the usual fare for these ventures, New Western Garden Book being the "Bible". But the library holds massive amounts of exotic fantasy material on Oriental delights, English countryside idyls, and other landscapes quite adaptable to Valley environments. And instead of the bedside mystery or romantic novel, these beautifully printed and plated editions hold a great deal of fertile ground for somnambulent traipsing of a positive, progressive nature.

When ideas and dreams begin to crystalize, it's time to organize, draw it up, and budget. This usually takes place in the doldrums of winter, after the holidays, ideally during the worst of storms. Besides doing wonders for the soul, the planning becomes incentive to place the orders in all those seed catalogs that flood the mail at that time of year. The arrival of the package then creates the anticipation that usually causes follow-through at the first warm rays of sunshine.

By May or June it's usually happening. You've allowed nature to present you with the mutual creation. The jonquils you bought in the fall. The apple tree that came in January. The path you planned in March. The lawn that was brown expanse in October. The design that came from northern Japan, the south of France, the coast of Wales, and suburban San Diego. The sketches on the kitchen table, now a painting in the backyard. A designer landscape, with your signature.

The seed is falling now. Pick it up, *and plant it in your mind, your soul. The plant may be dead, but you are the* link in its re-birth. Place it where it should be, for it, for you, for life.

Now where did I put that rake?

Open November 14th
Holiday Gift Wrapping Center
Affordable Gift Wrapping To Suit Every Taste
Mon.—Sat 10-6 Sun 12-5
STARTING NOV. 23rd
Mon.—Sat 10-9 p.m.
113 The Crossroads

design and paste-up of camera-ready art
TURNER graphics
1 W. Carmel Valley Rd.
659-2950

GIVE YOUR VOLVO QUALITY CARE

See us for the service expertise your Volvo deserves. Our V.I.S.T.A.-certified mechanics will treat your Volvo right — with genuine Volvo parts. And we'll treat you right — with fast service, fair prices and the Volvo 12-month replacement parts limited warranty*. Come to your Volvo dealer for service you'll swear by — not at!

THE NEW SCANDIA VOLVO
SALES • LEASING • SERVICE
1661 DEL MONTE BLVD., 899-2441, SALINAS 424-9977

*Please see your Volvo dealer for exact terms and conditions of limited warranty.

Volvo — The cars promise quality.
Our dealer service supports it.
VOLVO

Nancy's French Pastry

"Her mouthwatering pastries include an almond chocolate torte, lemon cheese cake and fruit tarts. All simply delightful."
C.V. Sun
Tip of the Tongue

Let Nancy Cater Your Holiday Parties
French & Italian Cuisine
Cocktail Parties & Dinners 659-2379

LUNCH ON THE PATIO
at the
PLAZA LINDA
MEXICAN RESTAURANT
TUES—FRI 12:00—1:30
9 Delfino Place/659-4229
Diaz Family Owned & Operated in Carmel Valley since 1963
DINNER HOURS: TUES—THUR 5:30—9:00/FRI—SAT 5:30—9:30

Wittmann's
Sumptuous Dining
at Reasonable Prices

DINNER MENU
From 4:30
Continental flavor of classic seafood, well-aged beef and milk-fed veal

PUB MENU
From 4:30
Informal Dining featuring
Beef Stew, Top Sirloin Sandwich, Snapper Filet, Spare Ribs and Chicken

OPEN TUESDAY THROUGH SUNDAY
RESERVATIONS: 625-6148

Owners of Le Coq D'or
Since 1978 (Carmel)

MID-VALLEY SHOPPING CENTER
(Adjacent to Valley Cinema)

NETWORKING

by Grace Darcy

Networking Women Hold Elections

It seems as if the election process filters down from the national, state, county, and local elections to the elections within organizations. The Professional Women's Network of the Monterey Peninsula will hold its annual election at its November meeting. The Nominating Committee—JUDY CASWELL and CATHY CLOUD—has submitted its slate to the Board of Directors, and the Board has accepted that slate. As election time nears, I will share the names of the nominated women with readers of this column.

One of the unhappy parts of electing new officers and officials is that someone is lost to the organization. During the two years I have served as president of The Network, I have been truly blessed to work with some wonderful women. They have given much of themselves to The Network, and to the other women on the Board; therefore, when their terms of office are over, they leave a real emptiness behind. Other fine, intelligent women will take their places and will, in turn, do their share to advance the cause of professional women. The same will be said of them when they leave, but always there is an emptiness. These women do, of course, remain in The Network to continue their work in other ways, but their direct-to-the-Board input can never be replaced.

RITA SEGER, who owns the French Collection in Carmel, is planning to write a book in the near future. RITA has a wealth of information she wants to share, but before doing a business book, she is thinking of doing a children's book first. Whatever RITA attempts, you can rest assured she will accomplish. RITA recently was a moderator in a workshop meeting of The Network, and the comments about her know-how were all laudatory.

The same applies to MARTHA ELIN VERNAZZA, a consultant who specializes in Program Planning Processes, and Training and Presentation Strategies. MARTHA ELIN has done two programs for The Network, and held her audience in rapt attention. The Network is fortunate indeed that it is comprised of so many intelligent and talented women.

LYNN LARSON'S beautiful art works are on exhibit at the First Impressions Gallery in Carmel, near JOYCE JENKINS' gallery at Su Vecino Court. LYNN, is part of CircleVision a new women's organization, and her lovely CircleVision poster is more and more on exhibit both in and out of the area. Recently, when JOAN MONDALE visited the Pacific Grove Art Gallery, MARY TILLINGHAST and DONNA MacGONIGAL, both of Carmel Valley, presented a copy of LYNN'S CircleVision poster, attractively mounted, to MS. MONDALE, who accepted it enthusiastically.

BETTE PHILLIPS, owner/operator of Phillips Tape Center on Forest Avenue in Pacific Grove is about the best tape copier we've encountered. BETTE is always ready to lend a hand to Network women and, for that matter, to anyone. She is a Director of the Network, and also owns the Famous Voices Museum on the Fisherman's Wharf. When you need a tape copied, call BETTE and tell her I sent you.

While you're browsing in the Pacific Grove area, don't forget to stop by Vogue Studios, operated by PWN member FLOSSIE STOWELL. She is an understanding portrait photographer, and took pictures at the Network's Second Anniversary party. FLOSSIE is a real pro, and her work is simply beautiful.

Here I go again, rambling on and on, but so many of our women have such interesting businesses that it's hard to stop. I must please my editor, though, because she, too, is a PWN member. We're delighted that DEBBIE SAXTON has joined us, and want to share with you that she is the First newspaper editor in The Network.

See you next time with more about women in business.

The Village Business Service
The Oak Building, Carmel Valley 659-3161

Order Your Imprinted Christmas Cards for Business or Personal. Also Christmas Letterheads

SERVICES:
- Reduction/enlargement
- Wide assortment of colored papers
- Typing or word processing
- Telex (Telegran/Cablegram)
- Quality Business Cards, Etc.
- Wedding invitations
- Imprinted Christmas cards
- Rubber or self inking stamps
- Notary Public
- Federal Express

Your valley connection for the
Pacific Foto Express
Bring film into us by 5:00—
out by 5:00 the next day

THE HUMAN FACTOR

by Barry Tillman

Matching People To Equipment

Human Factors Engineering is the science that matches people and equipment. This ranges from designing the sleeping compartment in the Space Station to designing or selecting the furniture in your own home. In this column I am going to talk about chairs and seating (including sofas and love seats). You can use this information to help you shop or to help you design and build your own furniture.

The first step in selecting furniture is to determine its purpose. It's important to know if a chair is going to be used as an office chair for writing or typing, or simply a lounge chair. Once you have decided on the function of the furniture you must select the furniture to match the dimensions of the people that will be using it.

The height of any chair is important. If a chair is too high (and many seats are built too high) then your feet will not rest on the floor. The front of the seat will dig into the back of your legs and cut off circulation. If an office chair is too low however, then you will not be able to work properly at a desk. If a lounge chair is very low, then it may be awkward to get into and out of. A good compromise is about 17 inches from the top of the cushion (at the front edge of the seat) to the ground. A lounge chair 15 inches high will be comfortable for most everybody, including a small adult. A 17 inch high office chair with a 4 inch adjustment will put most adults at the proper height for a standard 29 inch high desk. A shorter person may need a foot rest to keep their feet from dangling. If you are sizing furniture to a particular individual then make the following measurement. Have the person sit with their feet flat. Now measure from the back of their knees to the ground. This should be the height of the front edge of the seat. A desk should be slightly higher than the person's elbows when seated in the chair.

The seat pan provides support to the thighs and buttocks. Cushioning distributes the weight. Without cushioning nearly one quarter of the body weight will rest on two hip bones. The cushioning should not be too soft and spongy on an office chair or the body will 'float' and bounce. This will require extra energy to hold yourself steady while working. The seat pan should be 19 inches wide and no more than 17 inches deep. This will provide thigh support but will not dig into the back of a small adults legs when they sit against the backrest. (For a specially made chair, have the person sit and measure from the back of the buttocks to the back of their knees. Subtract about 3 inches for the seat pan depth.) If you are going to be leaning back in the seat then the seat pan should slope slightly back (about 5 degrees). This shifts the body weight so that the torso is well supported by the backrest. If you are going to lean forward to write or read at a desk, however, your torso weight shifts forward to your elbows, feet and thighs. In this situation, it's desirable to have the seat pan flatten out so that it doesn't poke the back of your legs. Some office chairs rock forward to accommodate this and this is a good feature to look for. If the seat doesn't rock forward, we usually compensate by sliding forward toward the edge. Soft padding on the front edge helps. An interesting seat called the Balans is designed specifically for leaning over a desk. The seat pan tilts forward at about 15 degrees and knee pads are provided to support part of your weight. I personally don't feel comfortable in them, but you may want to try one out.

The backrest of any seat, lounge or office, is extremely important. It helps to shape our spine in a proper position and supports our torso weight. In excess of 65 million Americans have been affected at some point in their lives with back problems. Much of the problem can be blamed on poor seating and backrest design. Sitting 'up straight' at right angles is not good for our backs. It flattens our natural curve at the lumbar portion of our spine (lower back) and painfully breaks down the padded disks between the vertebrae. The angle between the seat pan and the backrest should be at least 105 degrees. The most important support point is the lumbar region. A pad 6 inches high by 12 inches wide and 4 to 8 inches above the seat (adjustability is desirable) will provide sufficient lumbar support. Shoulder support is less essential. The seat should extend up at least 20 inches up from the seat surface and should be at least 19 inches wide to provide adequate shoulder support for all size people. The padding in the lumbar support should be firm. Shoulder support padding can be softer.

Arm rests are a nice feature, but if it's an office chair be sure that your desk is high enough to clear the arm rests. Bend your arm 90 degrees and the arm rest should be at your elbow height. This is usually 8 to 9 inches above the seat pan.

Remember two things when selecting a seat. It must fit both the person and the job. If you are going to alternately sit and stand (using a drafting board, for instance) then a small 12 inch diameter stool would do fine. You wouldn't want to read a book in that seat, however. If you're buying a chair or sofa, try it out the way it will be used in your home. Sit in it for at least 5 minutes. Tests have shown that a person's evaluation of a chair's comfort after 5 minutes is fairly close to their evaluation after 4 hours. So give a chair at least 5 minutes before making a choice.

COMMUNITY CENTER REPORT

by Louise Riddell-Kaufman

I glanced out the large picture window of my office and noticed that several parents with young children had arrived. It was 10:00 on Tuesday morning and they were arriving for Family Play Time at the Carmel Valley Community Youth Center. By 10:30 there were nine children with their parents playing in the Tot Lot. One little boy was lucky enough to have both of his parents present. These parents and children were participating in a new program being offered by the Youth Center one day a week. The purpose of the program is to provide a social time for kids and parents. Some parents felt a sense of isolation with their children and needed a place to meet. There is no real direction beyond that. The children currently participating range in ages from 18 months old to 4 years old, although any child up to 5 years old is welcome.

Wandering over to the Tot Lot I notice small groups of parents talking and watching their little ones. The parents were sharing stories and information about their children and on child care in general. Through their sharing they were also getting to know each other and I could sense friendships forming. The children were making friends as well. The sand, the rocking animals, the swings and the merry-go-round were full of young interactions.

The wind began to pick up and everyone was getting chilly. I opened up the Community Center building and brought out coffee for the grown-ups. One of the parents produced the day's snack which was apple juice and popcorn. It was an informal snack time as the children wondered between the motor toys outside and the building toys inside. They were learning to share their toys from home and experience new toys belonging to others. As the discussions revived, I listened to several parents talking about how their children handled a parent going back to work after being home for the weekend. Another discussion covered the similarities rather than the differences between boys and girls. Much was being shared between the adults as well as between the children.

It was getting close to noon and several children were showing signs of needing a nap. One parent volunteered to bring next week's snack and there was a general consensus to bring toys again next week and to maybe do something more structured the following week. They began to leave. There were smiles on their faces and promises to come back again. All shared the hope of meeting even more people next time as well as seeing their new friends again.

Flor de Carmel FLORIST
WE DELIVER TO CARMEL VALLEY
(including Robles and Los Tulares)
Home Accessories – Unusual Gifts
Silk Flowers and Plants
OPEN EVERY DAY
Mon.-Sat. 9-6, Sun. 11-4
Carmel Plaza
Third Level
Carmel 625-0626
OUR FRESH ARRANGEMENTS ARE ALSO AVAILABLE AT MID-VALLEY GARDENS
(Mid-Valley Center Next to Safeway)

Carmel Valley Rents
below gunsmith, across from the Chatterbox
TALBOTT BLDG.
Carmel Valley Village
8-6 MON–SAT 8-4 SUN
659-2284
YOUR PARTY SUPPLY HEADQUARTERS
Helium & Helium Balloons
• Bean Pots • Corn Pots
• Bar-b-que On Wheels
• Beer Kegs • Coffee Pots
Chairs, Tables, China, Flatware, paper napkins & plates...Everything For your holiday party
Anything you want for your party with 4 days notice.

WHERE THERE'S SMOKE

Using Alternative Heating Systems

Portable "Space" heaters can be an excellent source of heat and are often used as an alternate to turning on the home heating system. After all, why heat the whole house when you are only in one or two rooms, right?

There are many types of portable "space" heaters manufactured. The newer models offer a considerable energy savings. Whether new or old, electric or kerosene a portable "Space" heater can be very dangerous. Each year thousands of fires start from defective portable heating equipment and **MISUSE** of portable heaters. These fires represent the third largest cause of residential fires in the United States. Portable heaters also represent a very large percent of the nations burn injuries. What goes wrong? For the most part, it is due to carelessness.

The most important thing you can do to protect yourself and your family from fire and burn injuries when using portable heating equipment is to follow the manufacturer's directions for USE AND MAINTENANCE. Remember that these heat producing appliances not only generate sufficient heat to warm a room, but enough to cause fires and serious burns.

DON'TS

- Don't place a portable heater near furniture, draperies, towels, combustibles or people. Place heaters *away* from stairways, doors, and usual traffic paths through rooms where they are not likely to be knocked over.
- Don't leave children unattended in a room with a portable heater in use. Their hot surfaces are a serious hazard to young children and in addition to the possibility of receiving a severe burn from touching the unit there is the danger of their clothing catching fire just from being too near the unit.
- Don't use a portable heater to dry clothing.
- Don't leave the portable heater on when you retire for the evening.
- Don't overload electrical circuits when using an electric portable heater. Some electric portable "space" heaters require separate circuits because of high wattage. Have an electrician make the necessary installations before you use the heater.

SPECIAL CAUTIONS FOR PORTABLE KEROSENE HEATERS

The use of portable kerosene heaters is ILLEGAL for inside dwelling use in the state of California. Statistics show that there are a very large number of these heaters being used for this purpose. If you have choosen a kerosene heater to augment your home heating needs PLEASE look for and follow these safety considerations:

- These type of heaters use room air (people air) for combustion. DO NOT USE A PORTABLE KEROSENE HEATER IN A ROOM WITH NO VENTILATION TO THE OUTSIDE. The heater will use up the available oxygen and produce carbon monoxide in the process. Carbon monoxide can be fatal, even in small amounts.
- Refueling SHOULD NOT be attempted if the heater is hot or even warm. The heater must be cool before refueling and it should be done outside.
- Only a low-sulfur kerosene (grade 1-K) is considered safe for use in portable kerosene heaters. When you purchase kerosene for your heater be sure and tell the salesperson of the extended use and be sure you are getting the correct grade.
- Maintenance is crucial to "Safe" operation. Follow manufacturer's recommendations and keep them handy for future reference.

REMEMBER—safety should be your first consideration when heating your home. No matter how you heat your home, you should be prepared for a fire emergency. Be sure every member of your family knows how to notify the fire depertment and knows how to behave in case of fire.

The Carmel Republican Womens Club Will Hold Their Annual Meeting On Nov. 16

The annual meeting of the Carmel Republican Women's Club and "Celebration Tea" will be held at 2:30 p.m. Friday, November 16, 1984 at the home of Mr. & Mrs. Richard Hofman on Lower Seventeen Mile Drive in Pebble Beach.

There will be an election of officers for 1985 and a variety of handcrafted gift items made by the Every Thursday Club will be available. Members and guests are cordially invited.

For information contact Mrs. Gordon P. Smith.

THOUGHTS

by Illia Thompson

Live!

The joy of viewing live performances has been with me ever since, as a young girl, my best friend and I waited in the long lines for seats in small off-Broadway theaters. Plays ranging from the classics to modern avant-garde were part of our monthly adventures.

My stately Grandmother took her four grandchildren to the Broadway hit of the season each Christmas holiday. I fondly remember her trying to convince us, young teenagers, to leave after the first act of 'I Am A Camera' because Julie Harris was too risque. The bribe, a Charlie Chaplin film plus a double decker ice cream cone, could not persuade us to forego seeing the rest of the play.

During my college days, much of my time was spent in the theater department, partially because of an actor boyfriend, and also because I was in awe of the spell that could be created by proper presentation of the dramatic word. I traded entrance into this arena by ushering at the play productions, taking great delight in having a small part in connecting the audience with the actors. Fantasy became reality; people were transported out of the ordinary into a common world, even if only for a short time.

Now, living in a less cosmopolitan area, I still seek out live performances. CAL REP with its variety has been an oasis with some of its current productions. Richmond Shepard's MIME TROUPE brought an unusual spontaneity to the audience. HIDDEN VALLEY'S ongoing musical events are a treasure. Puppet shows, college theater, musical groups; these and other offerings enable others to experience people in the process of giving of themselves.

Often pre-schools provide creative dramatics as part of the learning procedure. The child has a glimmer of the power of acting as she becomes different animals, people, objects. Seeds growing into flowers with the aid of imaginary rain and sunshine, all felt by the child's many senses. The local schools' play productions enable the child to give of himself and to receive from others. Scary as it may be, the feeling of satisfaction surmounts the initial stage fright that so often beseiges the young performer. By being involved in drama, young people gain confidence in themselves. Local children's acting workshops are a gift to our community.

Exposing my children to live performances has been a priority. Of course, I enjoy attending also. CAL REP is supposed to be preparing an unusual rendition of 'A CHRISTMAS CAROL'. We'll be there.

For the unique and unusual or practical and sublime

Newton Building & Development

All forms of construction
— commercial & residential —

Michael Newton
659-2489

PACIFIC COAST EXCAVATIONS

P.O. Box 161, Carmel Valley, CA 93924
659-4033 or 659-2237

- Grading
- Paving
- Oil & Gravel
- Septic Systems
- Trenching
- Drainage Work
- Pipe Lines

Free Estimates

PENINSULA psts SEPTIC TANK SERVICE

Bill Parham
Calif. State License 294797

P.O. Box 13, Carmel Valley, CA 93924

Septic Tanks Pumped & Repaired
Sewer & Drain Lines Cleared & Repaired
Backhoe Service
Dump Truck & Hauling Service
Replace Drain Fields • 24 Hour Service

P.O. Box 13 • Carmel Valley, CA 93924 • 659-2465

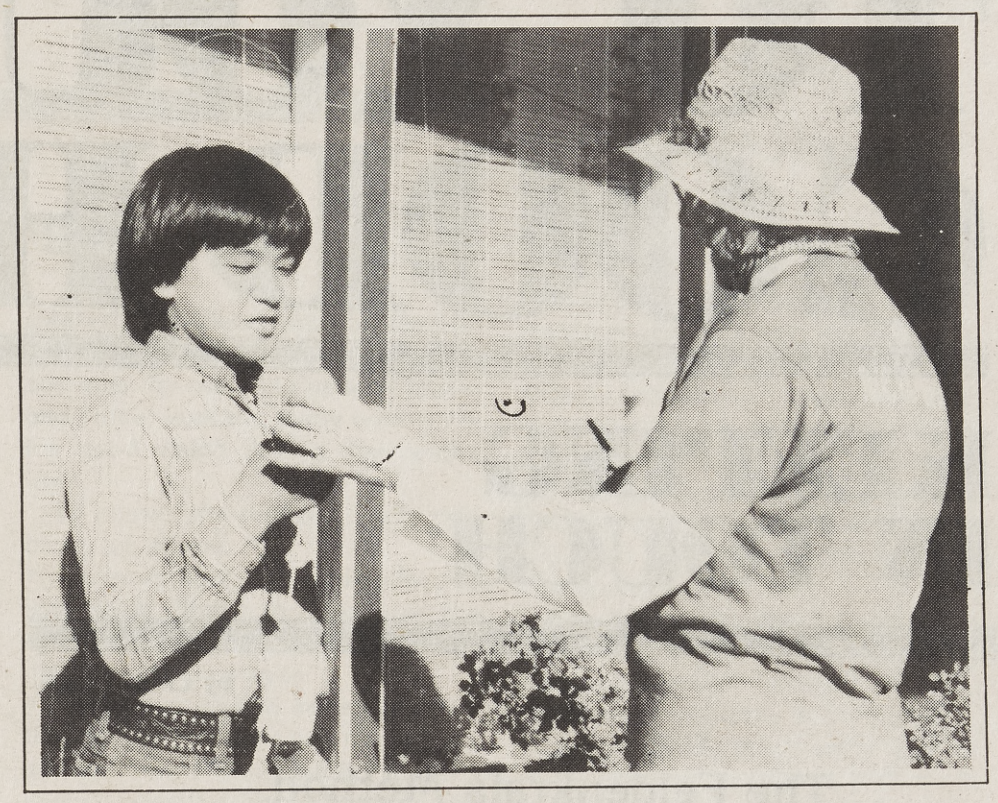
Words From NE Walker

N E Walker just experienced a beautiful weekend. On Saturday the 13th we caught a bus at Hopkins Marine Station and cruised down to Landels-Hill Big Creek Reserve. The sun was with us all the way. Several miles north of Lucia we found a very small road on the east side of Highway 1 and entered a natural sanctuary especially protected through the cooperation of the Save-the-Redwoods League, The Nature Conservancy and the University of California. Walking upstream along Big Creek, we followed a road built around 1930 shortly after Highway 1 was completed! Being accessible only on foot or horseback, settlement was impeded for decades and the natural landscape has remained virtually undisturbed, retaining its original natural diversity of animals and plants. The reserve is managed solely for education and research and access is strictly controlled. (Again, are you a member of The Nature Conservancy? The land we save will be our own.) Those beautiful redwoods, California bay, white alder and bigleaf maple shaded by the steep hillsides were quite a contrast to the grasslands where the sun, even though an Autumn one, warmed us considerably.

On Sunday, I boarded a bus, again at Hopkins, as a bus guide and we toured The Nature Conservancy acres just off Highway 1 and after that we walked the Sanctuary at Elkhorn Slough. Once again the day was Autumn beautiful and more birds than the previous day were feeding in the Slough. It is a bit embarrassing to find on a tour that most of the waterfowl are out to *sea* ....leaving the Docents with nothing in the feathered line to *see*.

It is with great pleasure that I have become a part of the preservation of Elkhorn Slough, which was nominated as California's first National Estuarine Sanctuary in 1978 and consists at pre-

continued to page 16



In one of her outings NE Walker found a balloon with a post card attached. The balloon belonged to Gen Terui, a Middle School sixth grader, who let the balloon off from Toyon Way on October 20. NE Walker found the balloon two days later. Gen said he never expected to see the balloon again. He had sent off another previously and it was not returned. The balloons are a periodic experiment of Gen's who sends them up just for fun. When he set this balloon off it headed North, NE Walker found it West of Toyon Way on Middle Canyon Road. Guess you never know how an experiment will turn out until you try it. Right Gen?

TRADING POST

HELP WANTED

Laundry help needed for gentleman. Minimum ironing, mostly casual clothes. I would deliver and pick up weekly. 659-2321.

SITUATIONS WANTED

Babysitter for 2½ yr. old from 7:15 a.m. to 10:30 a.m. Mon.—Thurs. only. Please call Debi Effron at 659-2950.

Reduced rent in exch. for part-time child care in beautiful valley home. Private studio. 659-5415, 625-1085.

BIRTHDAYS

Have a happy one Marcia!

FOR SALE

Osborne 64K computer. AC/DC. cbasic/mbasic, CP/M, d-base II, supercalc, wordstar. Dual disc drives, printer card & cable, modem ready. 659-4473.

Camper shell longbed, fits 1974-83 mini trucks & 1984 Nissan 250. 659-5675.

Springer Spaniel puppies. Good hunting dogs, great with kids. 3 males 8 weeks old. 659-5625.

Camper shell 8'. From bed 4'6". Full opening rear double doors. Roll out sleeping deck. slide front window. 659-3689.

Bathrm set, beige, 1 piece, toilet w/matching basin. Both w/hardware. All sterilized and glistening $175. 659-2321.

SERVICES

Cleaning & painting vacant houses & apts. Reasonable rates. 384-3764.

Melt away your tightness with a spa and therapeutic massage. 2 hrs. $30. 659-5332.

Frazzled? Too busy? Can't get out? Take the stress out of holiday shopping. Call Serenity Shoping Service 659-5281 between 8—10 a.m. and 6—8 p.m.

PERSONALS

26 yr old male inmate seeks correspondence and friendship. Will answer any and all mail. Ken Schules C-37721 P.O. Box 600, Tracy, CA 95376.

BUSINESS OPPORTUNITIES

Couples without previous business experience, but willing to work and learn together. Pleasant profitable work. Contact Amway distributor for interview. Phone 373-6245, ext. 372.

RENTALS

Furnished short-term rentals available Nov. 26. $475 to $650. No dogs. Blue Sky Lodge 659-9980.

Yes you get something FREE

Beginning November 1, 1984 through January 1, 1985 the first 3 lines of your classified will be FREE! After the first three lines the charge is $1 per line. This offer is for 2 months only but our next offer is permanent! With our special we are also introducing listings for Lost & Found, and Birthday or Anniversary wishes FREE! (Offer limited to 6 lines.) Keep our publication dates in mind when placing your birthday or anniversary wish.

To take advantage of our special and new feature use the form below. Mail it to P.O. Box 744, Carmel Valley, CA 93924, or drop it by our office at 1 West Carmel Valley Rd.

The Carmel Valley Sun is published every two weeks and reaches over 4,000 residents directly by mail. For more information call 659-2950.

FREE

P.O. Box 744 • Carmel Valley, CA 93924 • 659-2950

CLASSIFIED AD

Category Heading _____

Issue to run in _____

Ads run $1 per line

Name _____

Address _____

Total Charge _____ Amount Paid _____

PARK CONSTRUCTION
P.O. Box 692
Carmel Valley, CA 93924
(408) 659-2859
STATE LICENSE 365061 STEVE PARK

GERRY PADDOCK
408-659-4608 OR
373-0746 UNIT 649

PETER GARNEAU
408-659-3595 OR
373-0746 UNIT 648

CARMEL VALLEY CONSTRUCTION
A DIVISION OF
CARMEL VALLEY ENTERPRISES
GENERAL ENGINEERING CONTRACTORS
DESIGN, INSTALLATION, CONSULTING, AND MANAGEMENT
LICENSE #418267 P.O. BIN 669, CARMEL VALLEY, CA. 93924

STA-RITE PUMPS Sales / Service
Walt Miller
CARMEL VALLEY DRILLING AND ENGINEERING
Domestic • Mutual • Irrigation
WATER WELLS
(408) 659-3539
Hard Rock Water Well Drilling Our Specialty
Contractor's License No. 397-584

Knives • Scissors • Hand & Garden Tools • Clipper Blades • Chain Saws • Circular Saws • Hand Saws • Carbide
GRINDSTONE SHARPENING
Rt. 2, Box 888
Carmel, CA 93923
Across from Carmel Valley Manor
Larry Warcken
624-6749

TO YOUR GOOD HEALTH

KEEPING IN TOUCH

by Linda Lundy

The Feldenkrais Method

So far we have looked at modes of therapeutic touch assistance which are basically done to an individual to re-establish natural, healing rhythms within the muscles, nerves and brain. A Jin Shin Do practitioner uses pressure points to balance energy currents, chiropractors manipulate the spine to open nerve pathways to the organs and brain, massage practitioners relax and energize the system through stimulation of the skin, underlying muscles, organs and reflex points. These consequently raise the person's sense of self worth and ability to interact in the world.

Some practitioners of bodywork incorporate visualization and breath work to guide the client's attention into a conscious cooperation with changes that are occuring. For an individual to move along in his or her growth and improved health it is vital that s/he begin to take responsibility for a shared part, to begin to recognize the difference between tension and relaxation. The feeling of well-being and being slightly off gives the person a **conscious edge** to choose a course of action and experience the consequences of making life more serviceable.

This sort of intimacy with oneself requires attention and honesty in moment, a non-judgmental self-awareness not born of a limited self image. Yet we **are** all limited. Through occupational hazards, circumstances or accidents we have all adapted our way of being in the world from what is the most natural, effortless manner of moving in an integrated way, without stressing parts of our body. A woman carrying a heavy handbag for years develops back pains, an injured runner modifies his gait and developes tendonitis, a whiplash victim unconsciously modifies his sitting and standing postures to protect a vulnerable neck, and complains of constant headaches. What was begun as a useful adaptation becomes an ingrained habit creating problems of its own.

The limited self-image constructed around the habit is usually the hardest part to change because it is unconscious. "Improve your posture, stand up straight," we are told. But the old familiar ways creep back in—they seem more comfortable. To unlock the doors in our minds to new possibilities, and thus allow new choices for an integrated, fluid way of being and moving, is the secret. To this end I have found nothing in the body directed therapies to compare with the Feldenkrais Method, for its accessibility to a wide audience, its systematic approach, its easiness, and its results.

Invented by Moshe Feldenkrais, an Israeli physicist of this century, the Feldenkrais Method consists of Awareness Through Movement classes and Functional Interaction, which are private sessions with a Feldenkrais practitioner. The people who attend the Awareness Through Movement class range from athletes and dancers who wish to refine their coordination and integration of their movements to individuals simply wanting to alleviate the aches and pains of daily living and achieve a more flexible body. Persons who have suffered from neuro-muscular disabilities or are recovering from broken bones and hospitalization, find the private sessions of Functional Integration invaluable in regaining their range of motion and re-educating their bodies and self-image.

In Awareness Through Movement classes participants are talked through a sequence of simple, unaccustomed movements that appear similar to the actions performed by an infant discovering his range of movements. The process is a self-discovery—a re-discovery of how and what you can move independently and together in various configurations. Even though the movements require no exertion physically, there are many rest periods for integrating the new information. The atmosphere is one of quiet attentiveness and total involvement in the moment. Often participants have that surprised look of glee seen on a baby's face when, after raising an arm and turning the head and pushing off the ground with a foot all accidently together, a result like unexpectedly rolling over is actually achieved.

Recreating the building blocks for all complex motor movements and doing so under the scrutiny of a clean unobstructed quiet mind brings incredible power and clarity. Participants walk around after an hour class to discover a new world and a new way of being in it—relaxed, fluid, easy and light. "You see," Moshe would smile, "the impossible becomes feasible, the feasible becomes easy, the easy comfortable, enjoyable, and aesthetically satisfying. That means learning." It was Moshe's vision to untap the virtually limitless possibilities of the human brain and bring man closer to his full potential without struggle or strain. My experiences in Feldenkrais classes support that. The learning was enjoyable, often humorous, and the movements so relaxed and easy I felt at times I wasn't doing anything. Yet even when I came to class with a million things on my mind, tense shoulders, a headache or sore back I walked out with fresh energy, airy and hopeful and a body that WORKED without complaint.

Functional Integration sessions are done privately with the practitioner moving the client's body in gentle, unobtrusive ways to illicit a communication from the nervous system. The practitioner discovers subtle or gross restrictions to the flow of movement initiated and "suggests" a new pattern for the client to learn. Although a person may come in complaining of severe pain and limited mobility in the neck and shoulder, or hip and lower back, the Feldenkrais practitioner may end up working on a seemingly unrelated part of the body, perhaps the foot and legs or middle back. That is because they are concerned with the organization of movement within the body and not just the area of pain. It does, however, work, and no one complains when they stand up and find themselves smiling and free from pain afterwards. In fact, it feels so natural I have at times needed to be reminded what the problem was that I came in for. Such is the mastery of the method.

The best thing about the Feldenkrais Method is that your everyday life and movements become further learning and relearning experiences for you. A new level of awareness comes into play and life becomes your workshop. Each individual experiences this differently. For myself, for example, while reaching for a glass one night at dinner I suddenly saw and felt myself as a small child falling from the table while reaching for something. I had unlocked an unconscious memory held in my body, restricting my shoulder movements for years and actually re-experienced it. Two nights before our class had been on reaching and transformation and I wondered why I was always afraid to reach out in life. Of course, not all my learning was this dramatic—often I simply noticed I felt better and seemed to be more interested in different activities.

I find myself using Feldenkrais, like massage, at times in my life when I seem to be stuck or unhappy. I am fortunate in having a relatively flexible, balanced body, but many minor miracles are attributed to the Feldenkrais Method for persons with different degrees of paralysis or severe injuries. Among the persons who have praised and benefited from Feldenkrais are Margaret Mead, Yehudi Menuhin and David Ben Gurion, a former prime minister of Isreal.

We are fortunate on the Peninsula to have Feldenkrais classes available at the Carmel Sunset Center Wednesday evenings and two highly skilled practitioners; Michael Purcell and Kathryn Goldman, who also offer private sessions in their Carmel office. Mr. Purcell, former Director of New England Health Center, is a runner and gears his practice toward high performance as well as relief from severe dysfunction. Dr. Kathryn Goldman is a professor at the Monterey Institute of International Studies and is concerned with the organization within the individual as well as organizational levels within groups of people. Together they form a highly enjoyable and educational team—I'd say unbeatable. For persons taking an active responsibile part in their own growth process the Feldenkrais Method should be experienced.

Recovery Center To Screen Two-part Film

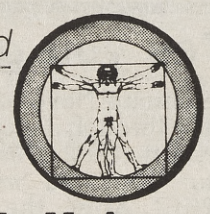
A new, two-part film will be screened at the Recovery Center's regular Wednesday night meeting on Nov. 14, 6:30 p.m., in the Education Center located behind Monterey Peninsula Hospital.

Part I of the film, "The Enablers," shows how family members can enable the alcoholic to remain addicted. Part II, "The Intervention," shows how those concerned can assist the alcoholic toward recovery.

The Center will show the film "Romance To Recovery" on Wednesday, Nov. 21, and "I'll Quit Tomorrow" on Wednesday, Nov. 28. These films also screen at 6:30 p.m.

For more information, call 373-0924.

The Feldenkrais Method



Michael Purcell, M.A.
Kathryn Goldman, Ph.D.

(408) 624-7381

Immediate Medical & Family Care Center

David B. Stark M.D.

Paul E. Tocchet M.D.

A Family Place

907 Harcourt Ave.
Seaside, CA 93955
(408) 394-6642

14 Ford Road
Carmel Valley, CA 93924
(408) 659-5531

NO APPOINTMENT NECESSARY
OPEN 365 DAYS A YEAR
8 AM — 8 PM
INCLUDING ALL HOLIDAYS

EYE-deas

by Drs. Irving and Kim Hartford

Changes In Vision With Age

SECOND SIGHT. Occasionally we are asked about this situation: "Grandmother threw away her glasses. Now she can read very well without them. She's had to wear her glasses for 30 years or more. What's happening to her?"

Called "second sight", the grandmother now "enjoys" an eye condition in which her eyes gradually lost any farsightedness they may have had and gained nearsightedness (myopia).

This change stems from a swelling or increasing curvature of the crystalline lens located immediately behind the colored part of the eye (the iris). Sometimes only one eye shows these changes; the patient may see distant objects clearly (with the unaffected eye) and read with the eye experiencing second sight—all without glasses.

Second sight generally occurs in later life, if at all. With time the best reading distance moves closer and closer, and the patient may require glasses for TV and driving.

Although painless, second sight is unfortunately often accompanied by hazy vision and cataracts. For this reason a person with "second sight" should have an eye examination every year.

WILL I LOSE MY VISION AS I GET OLDER? You won't expect to run as fast or jump as high at 80, but many people that age and over enjoy relatively clear, comfortable vision, locating telephone numbers, balancing their checkbooks, and reading the newspaper with little if any difficulty. Many maintain their driver's licenses, using their cars for local and nearby travel.

The major vision problem centers on reduced visual acuity as 20/20 gives way to 20/30, or 20/40. That's mainly due to reduced retinal circulation, cataract, high blood pressure, vascular disease, diabetes and other physical ailments. By watching general health and proper eyecare, many seniors enjoy good vision during their entire lives.

To answer the reduced acuity problem, we advise:

- Use more light, especially close to your book. Watch to make sure the light doesn't glare from the page directly into your eyes.
- Make your reading easier by selecting large type books and magazines, perhaps from your public library's special selection. Some libraries also have reading machines providing an enlarged image of the printed page.
- Use whatever magnification devices help; stronger bifocals, separate reading glasses and hand-held, stand or sheet type Fresnel magnifiers.
- Be careful to hold reading material at the best seeing distance.

Alliance On Aging Seeking Food Donations

The Alliance on Aging Monterey County Food Bank is seeking donations of produce and other foods from area growers, shippers, packers and supermarkets for distribution to senior citizens and others in need during the upcoming holiday season. The public is asked to contribute food or hygiene items such as soap, toilet paper, or disposable diapers. Call 758-1523 or 372-7843 for more information on how you can help.

The Alliance on Aging Food Bank is currently distributing Brown Bags of donated produce biweekly to over 3,000 senior citizens and a monthly supply of USDA commodities such as butter, cheese, powdered milk, corn meal and honey to 7,744 needy seniors and families throughout Monterey County.

Bob Glick, Project Director of the Alliance on Aging Food Bank has reported that the number of applicants seeking assistance from the USDA program has started to increase as the number of individuals employed lessens. Unemployment in Monterey County rose from a low of 8.4 percent in September, 1983, to a high of 18.2 percent in February, 1984, reflecting the traditional seasonal slowing of the agriculture and tourism industries during the winter months. A similar rise in unemployment is expected this year.

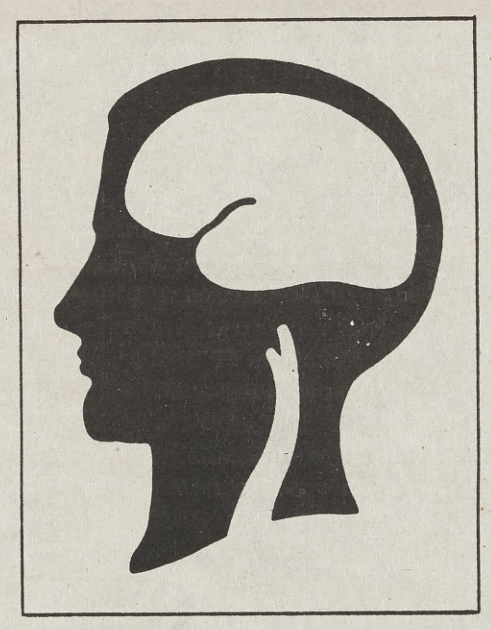
HELP YOUR HEART

American Heart Association

The Central Mission Trails Chapter of the American Heart Association, 10 San Miguel, Salinas, Ca. serves residents of Monterey, Santa Cruz and San Benito Counties. The office has pamphlets available free of charge to individuals on a wide variety of heart topics. Please call 372-0485 or stop by the office if you need exercise, nutrition, high blood pressure, stroke or other heart facts.)

Warning Signals Of Stroke

Stroke is the third leading cause of death in the United States. It killed 164,300 in 1981, the most recent year for which statistics are available. Stroke is a leading cause of major disability. Today about two million Americans have survived strokes and many live with serious handicaps.



Stroke occurs when the flow of blood supplying oxygen and nutrients to the brain is interrupted by a clot or by a hemorrhage. Once a stroke damages the brain, the result may be severe losses in mental and bodily functions. For this reason, prevention is the most important treatment for stroke.

The best way to prevent a stroke is to reduce those factors that cause the stroke in the first place. Many strokes can be prevented if high blood pressure, a leading cause of stroke, is diagnosed and controlled. Other factors that increase your risk of stroke include a high red blood cell count, heart disease and diabetes.

Another important way to reduce the risk of a major stroke is to identify and treat "little strokes" called TIAs (transient ischemic attacks). Prompt medical or surgical attention to the symptoms of TIA may prevent a fatal or disabling stroke. Occurring days, weeks or months before the more severe stroke, TIAs produce the following early warning signals of stroke:

- Sudden, temporary weakness or numbness of the face, arm and leg on the same side of the body.
- Temporary loss of speech, or trouble in speaking or understanding speech.
- Temporary dimness or loss of vision, particularly in one eye.
- Unexplained dizziness, unsteadiness or sudden falls.

Learn to recognize the warning signals of a stroke. If you or someone you are with experiences the warning signals, insist on taking prompt action. Keep a list of emergency numbers next to your telephone and in a prominent place in your pocket, wallet or purse. And learn the safest driving route to your local hospital.

Renewal Massage
Linda Lundy
Plaza Linda Building
in Carmel Valley
by appointment 659-3357

KIM A. HARTFORD, O.D
IRVING H. HARTFORD, JR., O.D.
DOCTORS OF OPTOMETRY
Adult & Children Vision
Contact lenses, Vision Therapy
Mid-Valley Professional Bldg.
27875 Berwick Dr., Suite B
Carmel, CA 93923 (408) 625-3911
Monday—Saturday

(408) 625-2840
John F. Bennetts M.D.
Family Practice
American Academy of Family Practice
Mid-Valley Medical Building
27875 Berwick Dr.
Suite A
Carmel, CA 93923

(408) 624-1106
Robert A. Doyle, M.D.
Psychiatry
3855 Via Nona Marie, Suite 109
Adjacent to Carmel Rancho Post Office
Carmel, CA 93922

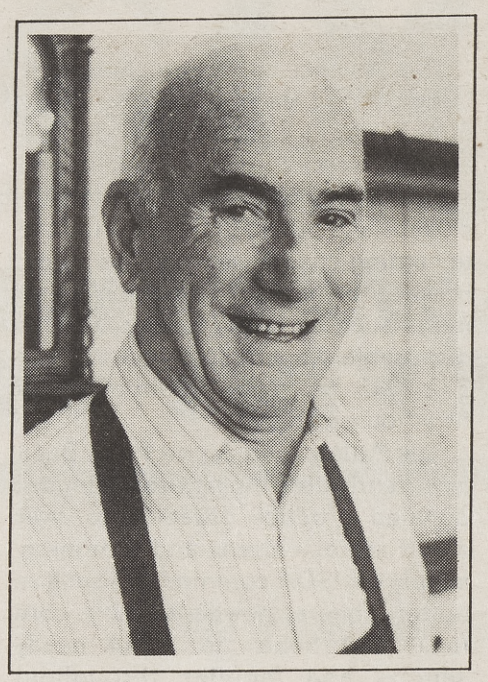
DR. JOHN VON BERG
DR. STEVE AUSTIN
GENERAL DENTISTRY
MONDAY - SATURDAY
EMERGENCY SERVICE AVAILABLE
16 FORD ROAD
CARMEL VALLEY, CALIFORNIA 93924
659-4944
CARMEL VALLEY FAMILY DENTAL CARE CENTER

PSYCHOSYNTHESIS COUNSELING
A helping process
to resolve inner conflict
and promote a better relationship
with self and others.
Marcia P. Smith
State Licensed Psychotherapist
659-2956

VALLEY VOICES

Photos by Debi Effron.

Question: What makes you happy?



Joseph Ricupero:

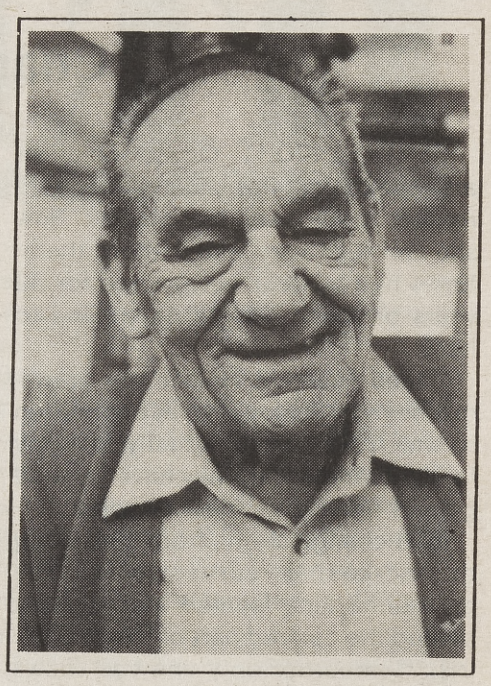
"It's like a minestrone, many ingredients. I think health comes from the inside; the inside out. so I say, keep your body healthy and the mind is so important. You must like people and feel a little bit for them. Be considerate. I enjoy everything."

Kelley Regan:

"Everything makes me happy. I'm a happy person and like to make other people happy too!"

Tina Plascencia:

"Happiness is not all it's cracked up to be. I by far value peace more; internal peace. Happiness is an elusive thing and peace is more of a constant."



Bill Meyer:

"Only one thing makes me happy. My wife and good health. Everything else I don't worry about. I've got a good woman; good cook. We've been married 47 years. Behind every great man is a great woman."

IRON KETTLE

Home Style
Lunches & Desserts

Tuesday—Saturday
Noon—3:00

...a touch of Pennsylvania Dutch
in Carmel Valley Village

7 Delfino Place, Carmel Valley 659-5472

FROM THE PROS

Photo by Debi Effron.

Heidi Miguel

The Summerhouse Restaurant

PORK SAUSAGE

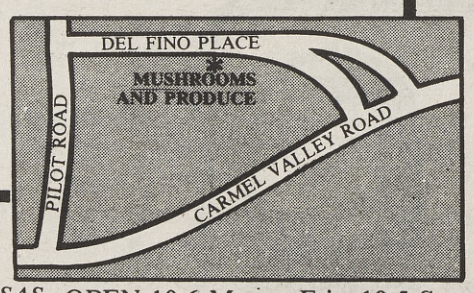
3 lbs of pork meat, ground
6 tablespoons water
6 tablespoons minced parsley
4 tablespoons minced green onions
2 teaspoons salt
1½ teaspoons dried sage
1½ teaspoons pepper
1 teaspoon summer savory
½ teaspoon ground coriander
½ teaspoon marjoram

Combine well and form into patties.

WHOLESALE
RETAIL
659-5107
Denis Thush & Family

YOUR VALLEY
GREEN GROCER
MUSHROOMS
& PRODUCE

Holiday Features
Yams & Sweet Potatoes
Persimmons
Kiwi Fruit
Pomegranate
Dean's Salsa



—ALSO—
DAIRY AND SODA DRINKS
TRAIL MIXES, MRS. RENFRO'S SALSAS OPEN 10-6 Mon.—Fri., 10-5 Sat.
8 DEL FINO PL CARMEL VALLEY VILLAGE